

Twist Your Neck and Stir Your Thyroid!

The thyroid gland, said Mr. Kerr, is situated across the throat just at the Adam's Apple, and its influence upon the body is extensive. For instance, if the gland is not functioning properly, atrophy, lack of bodily nourishment and a form of idiosyncrasy is the result. Goitre is the most common disorder of the thyroid gland. I want to mention particularly this evening its rejuvenating and replenishing influence upon the body, for this would seem to be the object of the operation popular in Vienna.

In a previous talk, when dealing with the influence of thought and mind, I quoted experiments which proved the power we possess in directing the blood stream—the quality of which is secured from the deep breathing exercises—to any part of the body. If we can stimulate the glands through the influence of thought, mind and muscle, we have a much safer procedure with equally good results, minus the risk, and trip abroad, within easy reach. There are many glands in the body all of which may be stimulated in this way. The principal thing is to first become familiar with their position in the body, and if possible, their shape and function, that one may focus successfully upon them.

The thyroid gland in the throat is connected by an isthmus dividing the gland, the greater portion of which lies on either side of the windpipe, just below the "apple," and is in shape like a butterfly with open wings.

Muscles of the Neck.

However, I am rather more concerned with the influence of the muscles upon the glands and organs of the body, their exercise and development, and I would therefore remind you again, that we can bring the blood to any part of the body by exercising the muscles in the part or locality desired; thus the glands or organs, as the case may be, are supplied with good red blood.

The muscle now under consideration the platysma myoides, is one of the many muscles of the neck, which on to make up a good strong plump neck when properly developed. Such a neck is enviable in a man and much coveted because it is always a sign of great strength and vitality, courage and character. The bull neck of the professional wrestler, and footballer, the plump neck of our Jack Tars points to a clean athletic life and a strong and

By properly developing your neck muscles you may stimulate your thyroid glands and save a special trip to Vienna for rejuvenation purposes. Further, the inroad of goitre may be checked by timely and full exercise of all neck muscles. These are some of the points made by Mr. Norman Kerr, Director of the Garryowen Institute of Physical Culture, in a talk recently from IYA.

splendid physique. You will understand, of course, that I make a distinction between fatty, useless tissue and the firm, healthy muscular tissue of the 100 per cent. man.

How to Exercise the Neck.

Fill up your collar with good strong muscle. To do this, whenever you think of your neck in these terms, try to foreshorten your neck by pulling your head down into your collar, making your neck short and thick, hold it down for a few seconds, then draw your head backwards, do not lift your chin, and whilst working keep your abdomen forward, pressing against your belt. This will counteract the harmful tendency of pulling the stomach in, relax slowly and repeat; make your head vibrate with the tension of the contraction; count aloud, or pant—you require all the oxygen you can secure. This will overcome the harmful practice of holding the breath. Presently you may try the wrestlers' bridge, taking the weight of your body on your head; do so before you get out of bed: I can recommend this stretch. Draw in your feet by bending your knees; now shorten your neck by bringing your head down where the pillow meets the bed, now everything ready, lift your hips as far up away from the bed as possible, assisting with your elbows, several times. This will make you very strong. One of my exhibition stunts consisted in swinging a man from my neck. He would interlace his fingers at the back of my neck, and whilst I turned on my feet he would be swung right out, round and round.

While walking try and keep your neck curved out to meet your collar stud; do not permit any other curve to exist either in your mind or in reality. Remember the back collar stud for strength.

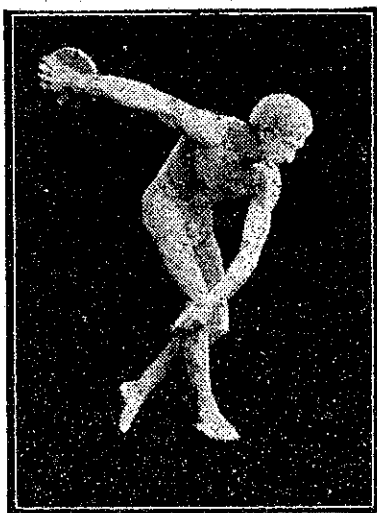
Beautiful Necks for Ladies.

Ladies and girls, I have not forgotten whilst dealing with my own sex that you may not be interested in muscle and brawn, and the production and development of the kind of necks I have been describing. Yet it is said that

women admire a strong and handsome escort. Your interest and appreciation, your "barracking" in our play and games is an incentive which you will not deny us; other men, too, like a strong man, for "all the world loves a lover."

The strong neck in man has its counterpart in the beautifully moulded neck of woman, with its delicate curves and lines, suggesting subtle strength, her dignity of carriage and bearing as the head is poised gracefully erect, giving an air of ease and assurance, beauty, charm, and majesty—an expression of health and vitality.

Unfortunately, in contrasting the ideal with the average, we find many necks that cause their owners a lot of worry and anxiety. Evening frocks



cannot be worn to advantage because of the "salt-cellars," the "bonnet strings," the bones, and the sharp prominent "Adam's apple" all stand out so, and together with the present fashion in "bobbed" hair make one's neck look so scraggy. There is a general desire for the high neck dresses to come in again.

It is noticed that the peasant women of some of the countries on the Continent and in some of the towns at home, possess beautiful poise and carriage, and lovely necks. On closer observation we notice the cause which brings about this desirable condition. These people use their necks; they subject them to daily exercise by carrying everything upon their heads. Baskets of fish and turf which take two people to lift into position seem to be easily poised and carried.

Balancing Weights on the Head.

Should I leave you now you would have an excellent suggestion as to how to proceed. Make a small crown for your head by winding material round and round, a ring until you have sufficient to fit the top of your head and thick enough to act as a cushion, thus keeping the weight from direct contact with your head; everything ready, hoist your little bag of sand, a brick, couple of books—anything offering a reasonable weight—into position. It should not be too heavy at first. Remember that as your strength increases you can always increase the weight. However, it must be sufficiently heavy to give you an opportunity to balance. Now you are ready for your route march—up and down the stairs, up and down the hall—anywhere except perhaps the main street—keep breathing deep down, also keep your eyes their own level and looking straight to the front. It will be found helpful to keep the mental picture of the condition you are working for, the object of your exercise, before you, and that you may thoroughly impress any on-lookers that you are really mad, repeat this statement: "Day by day, in every way, I grow more and more healthy."

Now to return to the platysma myoides, the muscle under consideration, for, as well as the foregoing suggestion, in which all the neck muscles are involved, these muscles must also be exercised individually. I would just intimate other exercises. The head may be drawn backwards and sent forwards, rolled round the shoulders right

and left, turned from side to side, stretched from side to side—i.e., an attempt is made to lay your head on your shoulder without turning your face (without looking around).

The Reward of Exercise.

It will be found necessary, for thoroughness, and to ensure rapid progress, to consider other muscles situated in the upper part of the trunk. Thus I would mention the shoulder muscles, those on the top of the arms on the points, the deltoids. These lift the arms out sideways from the body. On top you have the trapezius, towards the back between the points of the shoulders and the neck. These shrug your shoulders. The pectoral, or hugging, muscles, on the chest in front, function the arms as indicated across the body. These are antagonised by the shoulder-blade muscles behind, these pulling the arms back and down. As all these muscles are developed by exercises they become bigger and better, and in their development they converge so that the hollows under consideration are obliterated, and all unsightly angles are reduced.

It is easy to command the larger muscles of the body, and direct their influence upon the joints, but when it comes to waking up smaller muscles that have, perhaps, been lying dormant for a long time, a considerable amount of concentration and coaxing with patience is required, for the ultimate movement and control of the muscle is really the result of improved nerve supply from the connecting part of the brain recently caused to function. Your reward will be: control, more blood supply to the part, and more health and efficiency.

A mirror will be found most helpful here in securing contraction of the platysma myoides. Watch intently the skin around your throat, try and stretch it by pulling your neck, as it were, out from a very tight collar. As you hold the skin tightly, point your chin out up and forward, now to the right and left side. Do not keep the strain on all the time; drop into relaxation after each effort and alter your facial expression. It will be found helpful in securing movement to draw back the angles of your mouth, i.e., stretch the angles of your mouth towards your ears; welcome the smallest movement in the muscle, when the mechanical action may be reduced.

Distant Hills Look Green—But Are They?

Here, in Australia, complaints are rife about the broadcasting by the "wonderful" Commonwealth stations. Evidence is not wanting that in some areas the mighty "A" class stations are giving wretched reception, and the vagaries in some districts seem to baffle all experts.

I hear that the New Zealand stations are subject to "fading" in some portions of the Dominion, but as far as I can gather the trouble is not nearly so pronounced as with the Australian stations as reported from some inland towns. All kinds of theories are being advanced to account for some places being more affected than others, but in the meanwhile broadcast listeners who are paying for a service and are not receiving it are up in arms.

The much-extolled 2FC, Sydney, and its brother, 2BL, Sydney, are blurred and distorted in the Maitland district, only 100 miles from Sydney, and cannot be received at night-time at all satisfactorily.

One of the Sydney wireless journals has received numerous complaints of poor reception of the Australian "giant" stations, and has published a selection of these. The following letters will serve as examples:—

SOME SELECTED COMPLAINTS.

Dear Sir,—When 2FC were on their long wavelength their night transmission was excellent, but since they have been on the lower wave it is impossible to listen to them. During the daylight the transmission is perfect, but at night they distort and break up. This is the experience of all of whom I have made inquiries in Lithgow, and if it were not for the excellent transmission from 3LO and 4QG we would get little joy out of radio. It may be said that Lithgow is not a good place for radio reception, but I can assure you that this is not correct.

I was hoping that ere this something would have been done to clear up 2FC's transmissions, for if 3LO and 4QG can give satisfaction on a low wave, surely it is not impossible for a large station like 2FC to do likewise.

The pooriness of their night transmission is doing a great deal of harm to the radio industry in the country districts, especially in this locality, as the majority of people listen-in in the night time and when they cannot get their

The appended article from "ex-Maorilander" is interesting in presenting the other side of the picture regarding broadcasting in the Commonwealth. We print it merely to show that there is this other side and not in any desire to obtrude such complaints regarding others—complaints which undoubtedly are due to causes at present beyond station control.

(By "Ex-Maorilander.")

local stations, the query is: "What's the good of having a set?" This question of poor transmission should not be beyond the power of 2FC's engineers, who could satisfy themselves that something is very much amiss if they took a trip to the various localities from whence the complaints arise.—Yours, etc.,

Lithgow.

"RADIO."

SOUTH QUEENSLAND.

Dear Sir,—The transmission from 2FC in this district has not been up to their old standard since their wavelength was shortened. We now cannot get a sound from them in the daytime, whereas they used to come in at great strength; in fact, on a five-valve set they were clearly audible 200 yards away.

This, of course, means that we have no daylight service, and has had a very adverse effect on sales in this area, as 4QG in addition to giving practically no day service, is very weak and frequently quite unworkable before dark.

This, of course, means no demonstrations during the day, and I may mention that not one night in the past ten has 4QG been workable, owing to static, which is not bad as a rule until sunset. In fact, the shortening of 2FC has had a most disastrous effect both on the dealers' business and the number of new licenses taken out.

NO DAY SERVICE.

There is constant reference to the small number of sets in the country. I assure you that until the country is able to get a day service this is likely to remain the case, as what chance has the dealer of making sales when it is impossible to demonstrate? Putting the matter plainly: How many sets would be sold in the cities if the deal-

ers were unable to let the possible purchaser hear a set working?

I have sets from 3 to 8 valves in stock, and am quite unable to demonstrate for day after day.

In the case of the country dealer this is particularly serious as the possible purchasers from the sheep and cattle stations are frequently not in town more than once a month, and in many cases on their occasional visit they clear out again before dark.

2BL is peculiar, as at times their strength is tremendous, and at other times no stronger than 2GB. Also, for half an hour at a time they are horribly distorted at times, then clearing up again.

4QG fades a lot here, and 3LO is strong and clear usually, and is easily the favourite station in this district.—Yours, etc., F. E. Smith, Roma, Queensland.

MAITLAND

(100 miles from Sydney).

Dear Sir,—I have experienced distortion with 2FC and 2BL ever since 2FC changed their wave-length. It is quite impossible to get these stations clearly at night. I have tried several receivers to get Sydney stations, and I am reluctantly forced to tune-in to inter-State stations. I find that every listener in the Maitland district and coal-fields is having the same trouble. Could not something be done in order to give this district a better service? Otherwise I and many others will be compelled to cancel our licences.—Yours, etc., DISAPPOINTED, Morpeth.

Dear Sir,—As a constant reader of "Wireless Weekly" I feel disgusted when I read of excellent reception overseas of 2BL and 2FC, yet the Maitland district, only 100 miles from Sydney,

cannot receive these stations at nighttime satisfactorily at all, both stations being very blurred and distorted.

It does not seem fair for hundreds of listeners in this district to maintain these stations by paying a licence fee and get this unsatisfactory service, whilst overseas listeners pay nothing at all and get excellent reception.

Is it any wonder that country licences are not increasing to the extent that they should. If some of the staff were to come to this district and hear the reception of their respective stations, I am sure they would not broadcast again.—Yours, etc., DISGUSTED, West Maitland.

NEWCASTLE.

Dear Sir,—I am very much disap-

pointed in the transmission of 2BL and 2FC at night-time.

In the daytime they are really good, but as soon as night falls, it is nearly impossible to listen to them, yet 3LO, Melbourne, and 4QG, Brisbane, are nearly perfect at night.

As there are so many complaining about 2BL and 2FC, I think the only way out of the difficulty is to erect relay stations where the reception is bad.

Some time ago I read, in a Newcastle paper, where 2BL and 2FC were going to erect relay stations in Newcastle. Yet now it seems as if they have forgotten all about it. I think if a relay station was erected in Newcastle, there would be about twice as many more licences around Newcastle and Maitland, and in the long run it would pay for itself, and there would be a lot more satisfied listeners.—Yours, etc., J.B., New Lambton.

KUNGHUR.

Dear Sir,—I am situated about 400 miles from 2BL and 2FC, and find that they "come-in" excellently. Daylight reception is almost impossible with a three-valve set, but at night the reception is very good.

Perhaps it would be better for correspondents to blame district conditions rather than the transmission from these A class stations. Such things do occur. I think the stations have been too long in the game to make such a mistake as faulty transmission.—Yours, etc., R.B., Kungahur, Far North Coast.

NEW ZEALANDERS NOT TO GRUMBLE.

It can be seen from these letters that everything in the garden is not beautiful over here. New Zealanders who are disposed to grumble about the fading of the Maoriland stations should pause before rushing into print, seeing that the Australian broadcasting which they hold up as a paragon suffers the same disabilities in some districts.

The proprietors of the Australian stations could promptly disprove the veracity of the above letters by test, but they know too well that the complaints are well founded.

CONFIRMED BY EXPERTS.

Experts have already toured the country, testing the receiving conditions in certain districts, and their reports appear to confirm the allegations embodied in the complaints. The N.S.W. Premier, Mr. Lang, has lent an ear to the protesters, and he has stated that his Government purposes erecting a high-power "A" class station in Sydney which will be linked with smaller relay stations erected in country districts, to provide a satisfactory service for those who are at present unable to receive the present transmission.

Convicts of the Pennsylvania Eastern Penitentiary, their identity hidden by their numbers, broadcast a radio programme recently through two eastern stations. The outstanding song hit was a Chinese solo by the only Oriental in the prison, which was announced as "I Wish I was in Pekin Peekin' In, Instead of In Here Peekin' Out." Another interesting number was "Eli, Eli," in Hebrew.

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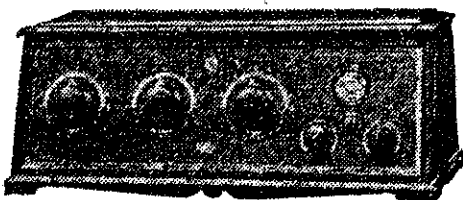
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