

European days was doubtless due to their fondness for marine food, and this is a habit that everyone of us would be advised to cultivate.

Fish and oysters are particularly rich in iodine, and one oyster a day would be sufficient to prevent goitre.

If we are unable to supply the deficiency from foodstuffs, the restoration of iodine to the depleted soil by means of iodine-rich fertilisers would appear to be the best method of attack. Various experiments have been carried out on this part of the problem, but are not yet completed, but it may be found that iodine is essential to the healthy growth of plants, as it is to animals. If this is the case, maximum yields of crops are not being obtained at the present time.

The final method of prevention to consider is the addition of a prescribed quantity of iodine to a suitable article of diet in common use. Common salt to which a trace of iodide of potassium has been added would appear to be the most suitable means of restoring the deficient element.

This method is in extensive use in Europe and in America, and to a certain extent in New Zealand. Since 1924, when the New Zealand branch of the British Medical Association urged the Government to introduce iodised salt into endemic areas, this method has been available in New Zealand. The amount of iodine in the salt is 1 part in 250,000 parts. This is calculated to supplement the intake of the average individual by 38 micro-

grammes, which is about the daily minimum requirement.

To accomplish this it is essential that the iodised salt should be used both for cooking and table purposes.

In the mental hospital at Christchurch, the result of this method of administering iodine has been remarkable, patients with huge goitres improving both in appearance and in actual health.

It is disappointing to find, however, that despite the efforts of the Health Department and the medical profession, the importation of iodised salt is less than one-sixth of the actual domestic requirements of the population.

No danger can accrue from the use of iodised salt, and it is hoped by giving the public the reasons for its introduction that its value will be appreciated by all and that ultimately only iodised salt will be used throughout New Zealand.

In addition to the use of iodised salt, the importance of a well-balanced diet must not be forgotten. This should include sea food: fish, oysters, etc., whole milk, milk products, eggs, whole cereals, green leafy vegetables and fruit. It is to be noted that this diet is also the richest in natural vitamins and is to be preferred for that reason also.

Race Broadcasts

Lifting of Ban Advocated

THAT an effort should be made to induce the Racing Conference to reconsider its decision of not permitting running broadcasts of races from the courses was advocated by Mr. L. H. Collinson at the annual general meeting of the Manawatu Racing Club.

"It has been said that broadcasting will result in smaller attendances," said Mr. Collinson, "but the broadcasting of wrestling matches has not decreased the attendances. Rather it has resulted in increasing the popularity of the sport. The Press is a great help, but people who are fond of racing and are unable to attend meetings should be permitted to hear a running broadcast."

Mr. C. Louison, the club president, said that the question raised by Mr. Collinson had been considered several times by the conference, and had been adversely commented upon by the race-course inspector, while business people were also antagonistic. A further point was the tendency broadcasting would have to increase local betting.

Children's Sessions

FROM 2YA.

Monday: To-night we shall visit Fairyland again. Uncle Jeff has received an invitation from the Fairy Princess to bring with him Miss Hilda Gorrie's party. Kipling Lady will of course join the party.

Tuesday: Here's Jumbo again, and he will tell you all about the animals at the Zoo. He will also introduce you to the wee children who are bringing their drums, cymbals, triangles, bells, violins and zithers. Miss Gertrude Johnston is the conductor of the rhythmic band.

Wednesday: Wednesday afternoon brings Aunt Daisy and her Cheerful Chirpers, with song and choruses, jokes and riddles. Aunt Daisy will have visited the Zoo again and will tell you some more true animal stories.

Thursday: All the girls who are coming to the studio to-night are bringing their dolls to perform. Mrs. Percy Woods is coming with them. Big Brother Jack and Uncle George will love hearing about the "Doll's Christening," and the "Two Dolls" talking to each other, and there will be one that dances.

Friday: Uncle Jim and Uncle Noel will to-night tell stories of adventure, for its boys' night to-night, and the Rongotai boys will be at the studio to sing some more of their delightful choruses, a great number of which Uncle Noel has composed himself.

Saturday: We are to hear more about the adventures of Budge and Toddy to-night. As you know, they are always up to some mischief, but we love them all the same don't we? Aunt Molly will send out birthday greetings, and we hope Uncle Jasper and Spot will be here, too. We know Mrs. Victor Lloyd is to be one of our guests, as she is bringing Budge and Toddy with her.

A Maritime Programme

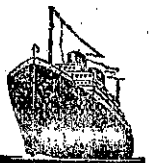
AN outstanding programme which should appeal to all listeners—especially those with a love of the sea—will be given from 1YA on September 30. The first portion of that evening's programme will be given by the Station Choir and the orchestra, who will render sea songs and airs. The second half will be called "A Voyage in a Sailing Ship," and the musical crew will have a real man of the sea, "Lee-For-Brace," for master. Under his direction the good ship will sail to the accompaniment of all the old sea shanties.

Sunday: Uncle George will conduct the Children's Evening Song Service to-night, and he will be assisted by the children's choir from the Presbyterian Church, Kent Terrace.

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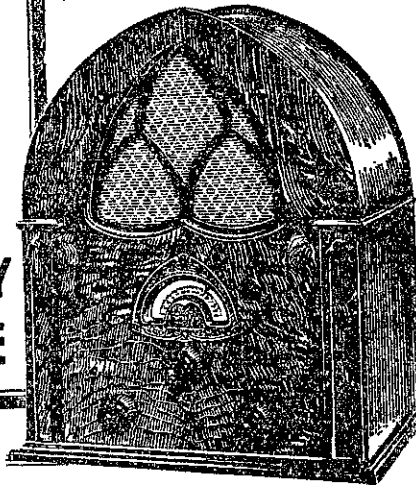
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