

現在時刻の取得方法

```
NSDate *nowdate = [NSDate date];
NSDateFormatter *formatter = [[NSDateFormatter alloc] init];
formatter.locale = [[NSLocale alloc] initWithLocaleIdentifier:@"en_US_POSIX"];
[formatter setDateFormat:@"yyyy/MM/dd HH:mm:ss"];
result = [formatter stringFromDate:nowdate];
```

引っ張って更新

```
- (void)refreshControlSetting
{
    UIRefreshControl *refreshControl = [[UIRefreshControl alloc] init];
    [refreshControl addTarget:self
                        action:@selector(onRefresh:)
                        forControlEvents:UIControlEventValueChanged];
    [self.tableView addSubview:refreshControl];
}

- (void)onRefresh:(UIRefreshControl *)refreshControl
{
    [refreshControl beginRefreshing];

    [self.tableView reloadData];

    [refreshControl endRefreshing];
}
```