

Salient

An Organ of Student Opinion at Victoria College, Wellington, N.Z.

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FOOD AND HEALTH

FOOD FACTS THE PROBLEM STATED

Mankind's fundamental functions, as Professor Murphy has no doubt often advised you, are to feed and breed. Mankind does both very badly. It breeds scientifically or controls its breeding. It cannot feed itself adequately, and invariably feeds itself badly.

The reason is obvious, and very easy to state. If a great number of the people in a given community depend for their livelihood upon buying food cheap and selling it dear, it is only natural that certain things will happen:

- (a) The price of foodstuffs will be as high as possible, limited only by certain economic laws and not by planned control.
- (b) Wages will be as low as possible. Higher wages generally mean smaller profits.
- (c) The price of certain valuable foods will thus be beyond the means of a great proportion of the people.
- (d) "Labour insufficiently provided with food and clothing is below its maximum efficiency point. . . This evil is cumulative, since under-nourishment, in itself frequently the result of inefficiency, leads to a low wage level, which perpetuates the under-nourishment, which perpetuates the inefficiency, and so round the vicious circle."—(Prof. B. E. Murphy: "Outlines of Economics.")
- (e) Manufacturers are not likely to be swayed by ethical considerations. If by adulteration, or dishonest and intense advertising, inferior products can be substituted for superior foods in the people's diets, the harm thus caused will not influence large companies or combines.
- (f) Man's education being almost solely directed to fit him "to breed money on money," it is inevitable that food values, like all other values, will be debased and distorted under the present system.

One could argue like this for hours. But the palpable effects of under-feeding and malnutrition may be seen on every side. Their course is usually disguised with great ingenuity by manufacturers of inferior foods; great advertising campaigns can inculcate upon the people utterly false ideas concerning food values. And these ideas are almost unshakable.

IT'S A RACKET!

"Salient" endeavoured some weeks ago to expose some of the harmful lies contained in advertisements for products used every day. Our printers, acting under legal advice, were unwilling to print our article. Their refusal was dictated by sound judgment—the power of the great food companies is too great for their activities to be safely questioned by private persons. The offensive article, however, has now been distributed to University students in a cyclostyled form. In that article, and in this special issue of "Salient," you will discover countless examples of the effects described above. The problem of nutrition has never been so popular as it is to-day. There are more books on food and dietary sold now than at any time during the past twenty years. But the fear of libel actions and the lack of scientific and systematic study of food values makes the majority of these books useless. We are besieged by cranks who mix Christ and orange-juice for our consumption in unpalatable proportions.

There is little disagreement between those attacking the problem scientifically, as is ably shown in our leading article this week.

This special issue is an endeavour to state the problem, give examples, and provide a solution.

—R.L.M.

Malnutrition in N.Z.

"But why write about the food problem in England?" Miss A. E. Lorimer, M.Sc., A.I.C., asked "Salient" when we called at her laboratory to obtain information on Food Values. "The position in New Zealand is so very serious, and there is a possibility that a few people may endeavour to do something about it if you demonstrate an evil existing all around them. New Zealanders feel merely a vague pity if they hear that people are starving thousands of miles away; if they knew the extent of malnutrition in New Zealand to-day they would be roused to action."

Miss Lorimer, an M.Sc. of Canterbury College, is in charge of the Laboratory of the City Engineer's Department at Wellington. She has made a wide, painstaking, and scientific study of the nutrition problem in New Zealand, and has written widely on the subject in New Zealand papers and periodicals. We take pleasure in presenting to our readers the following article by Miss Lorimer, written specially for "Salient," hoping they will realise its extreme importance.

GRADE C3.

New Zealand is alleged to be a country flowing with milk and honey, on which the sun shines in perpetuum, and in which the whole community are All Black footballers, whose toughness is the envy of the whole world.

Yet when we look around at the million and three quarter inhabitants of New Zealand, we find that we are far from being a healthy, virile people. We received a bit of a shock when the health of the men who were being enlisted for the Great War was found to be such that the majority of them were listed as C3. That was twenty-five years ago. Is the health of New Zealanders any better now than it was then?

Official figures are informative on this point. If the report of the Director-General of Health for the year ending March 31st, 1938, is examined, some rather astonishing figures are revealed.

For instance, of the 100,000 children examined, 37 per cent. had notifiable defects.

The figures for goitre, dental caries and enlarged tonsils are perhaps the most significant, as these three diseases are the direct result of wrong feeding.

	Goitre	Teeth	Enlarged tonsils
	%	%	%
Kindergarten	3.5	33.1	22.1
Primary	15.1	5.0	15.2
Secondary	20.5	2.5	5.8

teaching prof. . . 13.2 . . . 7.0
What would a smaller survey of the adult population reveal?

We know that one person in every thirty-two in New Zealand is in a public hospital every year and this figure does not include those in private or maternity homes.

Can we say that we are in any way a healthy nation? Official figures say nothing about the amount of digestive disturbances, headaches, goitre, flat chests, neuritis, neuralgia, sciatica and rheumatism with which our population is riddled. How many adults can honestly say that they never have an ache or a pain of any description? How many men and women have to take aspirin to help them through the day? The figures for the total consumption of aspirin and phenacetin in New Zealand would surely be informative if they were available.

NO ACHES.

Yet a healthy adult should not have aches or pains of any description. He should not have to suffer the indignities (and the pain) of an appendicitis operation, or the expurgation of his goitre, tonsils or adenoids. He should not have to put up with the inefficiencies which arise from his catarrh, his rheumatism or his liability to infection. All these diseases

are nutritional diseases which arise from eating wrong food over a period of years.

FOOD ANALYSIS.

Again we refer to official figures. Dividing total consumption by total population we find that in New Zealand we eat about one pound of meat, half a pound of white flour, six or seven ounces of cane sugar, half a pound of potatoes, two thirds of a pint of milk and two thirds of an egg per person per day. We eat 2-3 ounces of butter but only a fraction of an ounce of the se.

These figures mean that practically two thirds of the food which we eat per day, is derived from cane sugar, red meat and white flour!

In other words, two thirds of the food which the average New Zealander eats is practically devoid of vitamins and minerals, and he cheerfully expects the other third to provide him with enough minerals and vitamins to make his body function properly!

What are the implications of these facts? To answer this, it is necessary to consult the newer knowledge of nutrition which has been so carefully worked out during the past twenty years.

The findings of the newer knowledge of nutrition are most interesting, and have a real bearing on the prevalence of ill health (mental and physical) in New Zealand. Nutrition experts such as Sherman, McCollum and McCarrison (to mention only three) have studied the diets of the healthy races of the world, and have compared these with the food of the so-called civilized races. The average composition of the more common foodstuffs have also been worked out. Vitamins have been isolated, and their occurrence in foods has been defined in terms of international units. After twenty years intensive work on the physiological requirements of the human body, nutrition experts are getting nearer to knowing why the human body needs certain foods, and what goes wrong when the essential food constituents are not supplied.

When all this knowledge is condensed, we find that, unless every particle of food which passes the lips of any human being, contains its maximum quota of vitamins and minerals, then some essential food element is not being eaten in sufficient quantity.

HOW DISEASES ARISE.

Naturopaths are loud in their advocacy of natural foods, because they contain "life forces," which the science of nutrition is now defining in terms of minerals and vitamins. Call them what you like, the fact remains that only the freshest of foods, whether they be fruits, vegetables, milk, flesh or grain foods have their maximum quota of these life-giving elements. Naturopaths are quite

right in their insistence on natural, unrefined foods, because when nutrition experts calculate the amount of certain foods necessary to supply adequate amounts of vitamins, they are appalled to find that, unless all food is extremely fresh and unrefined, the dietary will certainly be deficient in one or other of the food necessities. Small deficiencies over many years lead as inevitably to disease or breakdown of the body, as the leaving out of an essential building material leads to the crumbling of a building in time. No builder would construct a building without nails, yet so many New Zealanders try to build bodies without minerals and vitamins.

Returning now to the food consumption of New Zealand, it can be asked whether the major foods of New Zealand are the ones which contain the minerals and vitamins?

According to the official figures already quoted (which are the most reliable information available at the moment) New Zealanders live on red

meat, butter, cane sugar, white bread, cakes, biscuits and potatoes. Yet among the protein foods, red meat is perhaps the most deficient and among the cereal foods, white flour products are the most devitalized. Cane sugar, whether it be white or brown, is practically nothing but sugar and is useless except as an energy producer. Potatoes which have been peeled, boiled and mashed, are also robbed of their vital elements, so is it any wonder that New Zealand is unhealthy? Is it any wonder that Crawford Somerset found 45 per cent. malnutrition among the school-children of Oxford (Canterbury), when their mothers feed them on little but meat, potatoes, cakes and strong tea?

ADEQUATE NUTRITION

The League of Nations Nutrition Committee has brought forward its suggestions as to an adequate dietary for a human being, and this is what it says:—

Every human being needs a pint of milk, two helpings of green vegetables and some first class protein every day. All cereal foods should be eaten whole. The report also insists on the importance of fat fish, such as salmon and herrings, and the organs of animals, such as liver, kidneys, etc., as food. Eggs, milk, cheese, fruit and vegetables are defined as the protective food stuffs and the report stresses the importance of these foods in adequate dietary.

PLAIN COMMON SENSE.

If a committee of experts such as the League of Nations Committee, stresses the importance of milk and greens and whole cereals as foods, surely it is just plain common sense to follow their advice. This report points out to us in New Zealand the dramatic error of our food habits.

(Continued on Page 3.)

FOOD FABLES DO YOU BELIEVE—

- (1) That fish is a brain food?
- (2) That beef tea is very nourishing?
- (3) That there are no living germs in pasteurised milk?
- (4) That a person can get appendicitis by swallowing seeds of oranges, grapes, and apples?
- (5) That the consumption of lemon juice is a simple method of reducing?
- (6) That whole wheat bread does not contain much starch?
- (7) That whole wheat bread is made of flour obtained from the entire wheat kernel?
- (8) That oranges, lemons, grapefruit and tomatoes form acids in the body?

EVERY STATEMENT IS FALSE!

(From "Don't Believe It, says the Doctor," by A. A. Thomen, M.D.)

COCOA

"An examination of the chemical composition of cocoa might lead one to suppose that it was of considerable nutritive value. But that would be a mistake. Theoretically cocoa is a valuable food, but practically it is not, the reason being that so little of it can be taken at a time.

It takes about 1-3 of an ounce of cocoa to make a breakfastful of the beverage, and, assuming the average composition, this would yield about 40 calories. It would, therefore, require fully seventy-five such cupsfuls to yield the total amount of potential energy demanded of the body daily, obviously an impossible impossible quantity. Of course, if the beverage is prepared entirely with milk and plenty of sugar, it becomes an important food, but that it is due to the milk and sugar, and not to the cocoa."

(R. Hutchison, "Food and Dietetics.")

GLUCOSE

"A remarkable recent development has been a craze for consuming glucose or dextrose. Although it is undoubtedly invaluable in medical practice, dextrose can have no advantage, as far as the normal person is concerned, over jam and honey. However, glucose sweets are all the vogue, and the tendency is to have it incorporated with such articles as cocoa, ice cream, fruit syrups, etc.

"Provided that glucose is regarded as a substitute for cane sugar, no objection can be taken to its use, but the tendency is to make extravagant claims for it and to transform pleasant foods into quick medicines. . . .

"Pure dextrose complying with the B.P. Standard can be landed in New Zealand at about 3d. per pound. . . . The reader (of advertisements) is asked to use this dextrose as an ordinary everyday foodstuff at 2/6 per pound."

(R. L. Andrew, Assistant Dominion Analyst, in an address delivered to the Institute of Chemistry, 26.1.39.)

BREAD

Q.—What is false about the following typical advertisement for bread?

"No more diet fads. Eat more bread—the basis for a properly balanced diet. Bread is rich in carbohydrates, proteins, minerals, vitamins and cellulose."

A.—Bread certainly is rich in carbohydrates, but contains scarcely any proteins, minerals, vitamins and cellulose.

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FOOD FOR THOUGHT

This is the first special issue of "Salient" this year. It is hoped that in the eyes of students it may justify itself.

The topic of nutrition was chosen because the problem it presents is urgent and widespread, yet almost universally neglected. It is certain that students, in common with the general public, are disturbingly ignorant of the existence and menace of malnutrition in New Zealand and elsewhere.

Yet no one reading Miss Lorimer's excellent statement of the case and the additional evidence appearing in this issue could remain unconvinced.

Why is it that this knowledge, so important to every man, woman and child in New Zealand, is so restricted? Is it not everyone's right to be kept informed of such a serious matter—by the "enlightened organs of public opinion"? Yet what do we find? In the newspapers there is a conspiracy of silence—and a plethora of advertisements for patent foods and medicines.

Is it too much to say that one is the corollary of the other? That for the newspaper proprietors the revenue from their advertisements is very much more a matter for concern than is the health and welfare of their subscribers?

Malnutrition is admittedly rampant in New Zealand, but the newspapers have nothing to say, for they have nothing to gain.

If they were to publish the formulae, etc., of many of the processes which they permit to be advertised in their columns, it would have no other effect than to destroy the ensuing demand for those processes. And, despite the claims of truth and justice, one never bites the hand that feeds, does one? Especially if one is a newspaper proprietor. Or even the Controller of a Commercial Broadcasting System.

In face of such vested interest in falsehood, individual action may seem futile, but there is still much that can be done. It should be the duty of everyone to spread a knowledge of the facts of the case as widely as they are able, to support organisations working to this end, and to help towards the realisation of the practical measures of reform outlined in this week's "Salient." The two articles, "Malnutrition in New Zealand" and "Truth in Advertising" should certainly provide the requisite "righteous indignation."—J.D.F.

How often when the thought of suicide
With ghostly weapon beckons us to die,
The ghosts of many foods alluring glide
On golden dishes, wine in purple tide
To drown our whim. Things dance before the eye
Like tasselled grapes to Tantalus: The sly
Blue of a curling trout, the battered pride
Of ham in frills, complacent, quails that lie
Resigned to death like heroes—July peas,
Expectant bottles foaming at the brink—
White bread, and honey of the golden bees—
A peach with velvet coat, some prawns in pink,
A slice of beef carved deftly, Stilton cheese,
And cups where berries float and bubbles wink.

—Iris Tree.

GOD DEFEND NEW ZEALAND

"Charnaux demonstration during this week only. . . Realise that Charnaux Corsets leave you free to live!"
—C. Smith's Advertisement, "Evening Post," 30/5/39.

"Mr. W. J. Gaudin, another member of the Fire Board . . . believed that the best way to prevent a big fire was to put it out in its incipient stages."
—"Evening Post," 31/5/39.

"While I do not want to increase the Government's embarrassment at the present time . . ."
—Hon. Adam Hamilton.

BIG SABOTAGE PLOT
IN ENGLAND

ROYAL VISIT TO N.Z.
—"Dominion" Billboard, 8/2/39.

KRISHNAMURTI

An interesting visitor to Wellington this week is Mr. J. Krishnamurti. He is usually described as a Hindu philosopher, but actually he is an Indian by birth only—his outlook is international.

Krishnamurti claims that through understanding suffering he has become ecstatically free and that others may do likewise. But he does not offer any set rules—only suggests that people try to think and act for themselves, cultivate an alert, questioning attitude, face problems instead of avoiding them, and in so doing discover the Reality of which we are practically unconscious. Krishnamurti will speak at the Dominion Museum Hall on Wednesday, Thursday and Friday evenings, the 7th, 8th and 9th June, at 8 p.m. Those interested should obtain their tickets from the D.I.C. as early as possible, as the accommodation is extremely limited.

NATIONAL STUDENT PUBLICATION

Contributions of a literary, opinionative and scientific nature are required for the National Student Publication to be launched early next term. Suggestions for a title for the paper are also wanted.

Such a publication has never been attempted before, and the success of the first issue, therefore, will decide the future of the paper.

This is a scheme worthy of your support.

See that V.U.C. is represented. Address contributions to:

PRESS BUREAU CORRESPONDENT, V.U.C.

Situations Vacant

48 Sefton Street,
Highland Park,
Wellington, N.Z.
May 9th, 1939.

To the Secretary,
The Students' Union,
Wellington University College.

Dear Sir,
I wonder if you know of a lady student who might like to have a room and board with us. If she would give an hour's coaching to a girl (8) and boy (5) daily, and give a little light help some times, we would require about 25/- per week, or less if she had any meals out (full board, 25/-).

My husband was recently Lecturer in Surveying and Engineering at Christchurch (Canterbury University) and is now working for the Government in town planning.

It is two minutes from tram here (2 sections town) and easily accessible on the road.

Perhaps you would kindly hand on this enquiry to any interested. Thanking you in anticipation,

MARY E. BARNETT

GOSSIP

After reading a contemporary American gossip column we emerged envious and depressed. Who could hope to attain the standard of the following item? (which is genuine, by the way—we defy anyone here to invent its equal):

What veddy, veddy socialite is acting blase, but is really burning because a ciggy gal is making goo-goo eyes at her gaga guy?

Brooding quietly over this and allied pieces of information we did try a little in the same style. For instance:

We hear that sweetie-pie Marie Best likes to go sunrise-gazing by bicycle after visiting one of our swell-and-sweeter social niteries.

Or even—
One of the Dramatic Club's erstwhile incandescents has just staggered forth from the chloroform and gargle house. But we think not.

Speaking of the Dramatic Club, a committee (admittedly self-appointed) which sat in the caf. the other night regarding each new arrival with x-ray eyes, was forced to the conclusion that there are no longer any handsome heroes at 'Varsity.

Discovery by Eddie Irving: That the police force does not appreciate alms.

Astrologist's note: Brookie was born on the 6th of June. A curious soul consulted the Aspro Year Book for illumination and found "You can pick a Gemini every time by his habit of gesticulating when he talks. His hands and arms are always brought into play to illustrate every point. He never sits still for long, nor is he silent for long either! But he hears everything that goes on, and is eternally curious."

Seen at the Left Book Club meeting: Jack Aimers practising on Mr. Scotney that simple, sincere handshake and smile with which he hopes to greet Australia.

THINGS TO COME

[NOTA BENE.—In all future issues of "Salient" there will be published a full list of all the noteworthy intellectual and cultural events of the coming week—both inside and outside the University.]

It is hoped that this service, as well as the similar list of sports fixtures on the back page, will be of real value to students.

All club secretaries who wish the meetings of their clubs to be included under "Things To Come," should see that full details are in the hands of the Editor by 7 p.m. on the Thursday prior to issue. Otherwise omissions must be taken as a matter of course.

The Editor will be grateful to hear of any meetings occurring outside the University which are suitable for inclusion. It is desired to make the service as comprehensive as possible.

Envelopes containing details of meetings, etc., should be marked "Things To Come."

UNIVERSITY

Phoenix Club. MR. E. C. SIMPSON will speak on "MODERN ART" illustrated with slides. Thursday, June 8 at 8 p.m. Room C1.

Full Time Students' Meeting. Subject—"FULL TIME STUDENTS' REPRESENTATION ON THE STUDENTS' ASSOCIATION EXECUTIVE." Friday, June 9, at 1 p.m. Room B2.

Lectures in Public Administration. DR. W. B. SUTCH—will speak on "NEW DEPARTURES IN GOVERNMENTAL ADMINISTRATION." Tuesday, June 13.

Free Discussions Club. RABBI KATZ will speak on "THE REFUGEE PROBLEM." Thursday, June 15, at 8 p.m. Room—A1.

DOWN TOWN

KRISHNAMURTI. — Wednesday, June 7; Thursday, June 8; and Friday, June 9, at 8 p.m. Dominion Museum Lecture Hall. Admission: 1s 6d at D.I.C.

LOTTE LEHMANN — Thursday, June 8; Saturday, June 10. Grand Opera House. Reserved seats at 5/-, 7/6, and 10/- available at the D.I.C.

"THE AEOLIANS." — Thursday, June 8, at 8 p.m. Concert Chamber, Town Hall. Admission: 3/-, 2/- (reserved—D.I.C.) and 1/-.

COUE AMERICANISED.

H
I
Well.

S. G. Holland, the M.P. Thinks that strikes just shouldn't be. It's natural they should be a pest To such an ardent Nationalist.

—J.D.F.

MALNUTRITION IN N.Z. (Continued)

If this report is considered seriously, surely we can now understand why 97 per cent. of our school children have dental caries, why twenty per cent. of them (at least) have goitre, why measles and influenza spread like the plague through the community.

The fundamental and real cause of all these diseases, is the food which we eat. We do not supply our bodies with the materials which they need, therefore they break down.

Gone are the days when malnutrition merely meant lack of food. Gross emaciation due to lack of food is no longer the sole meaning of the word. In New Zealand, most of us get enough to eat because we are not hungry, but the fact is indisputable that we do not eat food of the right type. Quantity of food is not our trouble, but quality.

WHAT SHOULD BE DONE?

The average New Zealander seems fundamentally to prefer his white bread, potatoes and meat to his spinach and milk. This is the first problem. The emphasis in all food matters must be moved away from meat and bread to the protective foodstuffs.

As an example of psychologically wrong food propaganda, the recent utterances of Dr. Elizabeth Gunn on school lunches are a perfect example. Three quarters of a column of newspaper is devoted to telling mothers that home-made fish and chips, meat pies and fried sausages are suitable for a child's lunch. In a few sentences, she dismisses the protective foods such as milk, fruit and carrots as food which are desirable but unimportant. Greens such as lettuce or parsley are not mentioned. Wholemeal bread is considered "faddy." Does Dr. Gunn know more about nutrition than the League of Nations Nutrition Committee? If so, we are willing to accept her emphasis on meat and cold fried sausages, but if not, we would prefer to point out the necessity of the milk, fruit and greens part of the lunch, and leave the boiled sweets, sausages and meat pies until such time as our nation has become so healthy that the ingestion of such food will not seriously unbalance the daily intake.

THE QUALITY OF FOOD.

If we want further evidence that New Zealanders are not "nutrition minded," we have only to pay 1/6 at any restaurant in New Zealand for a meal to realise just how badly planned and cooked is the average New Zealand meal. Soup thickened with white flour, soggy potato, watery soda-cooked cabbage, a minute portion of red meat and badly-cooked apple with margarine-pastry constitutes the average menu. How much of the original vitamin is left in these foods after they are cooked? It is the same with boarding house or restaurant foods. Universally, the vegetables are ruined, the fish (if any) is smothered in a white flour batter, the bread is white, there are too few (if any) salads, and the amount of milk supplied is always less than a pint per person daily.

ARE THE WOMEN TO BLAME?

Whose fault is it that New Zealanders eat so badly? That the food served in private homes, restaurants, hotels and boarding houses is so ill-chosen and so badly cooked? Surely, it is the fault of the women, because they are the ones who order the food and plan the meals for the family. If all the women of New Zealand who planned meals knew more of the fundamental facts of nutrition, they would not serve the foods which are going to give their families deficiency diseases when they grow up.

Yet, even if the women of New Zealand did stop cooking their vegetables with soda, and loading their families with white flour and sugar concoctions (which they call cakes), there are still many pitfalls into which they would unconsciously fall when they purchased their food supplies. Women unfortunately do not know what they are up against when they ask for as simple a thing as wholemeal bread, or fresh fruits and vegetables. There are so many difficulties in their way. Supposing for instance, a housewife decides to feed her family on their pint of milk per day, and their greens and their fruit and their fish and eggs and cheese and their whole grain foods, and supposing that she has intelligently planned these into an adequate menu, and convinced her family that cakes and meat pies and sausages are not the best food obtainable, she is still up against the economic difficulty of finding the money with which to purchase these foods.

(Continued in Column 2.)

WEIR HOUSE

Miss A. E. Lorimer, the author of the article on "Malnutrition in New Zealand," was asked to comment on a specimen Weir House weekly diet submitted to her. Weir House was chosen as a typical example of the New Zealand boarding-house.

"In the first place," said Miss Lorimer, "there's not nearly enough milk, and secondly there's far too much meat—often, apparently, you have it three times a day! Then there are too few vegetables—one green vegetable only once a day; and the potatoes are rarely cooked in their skins, which is essential if their goodness is to be preserved. Fresh fruit is provided only once a week, and salads only occasionally—both should be on the menu daily. Fish should be eaten at least three times a week, and should be steamed or baked, not fried in white flour batter. The bread should be wholemeal—real wholemeal and not just 'brown' bread, which is merely white bread coloured brown."

"Salient" pointed out to Miss Lorimer that Weir House had to maintain a certain reserve fund, and the management had to be very careful in matters of finance.

Whether or not a radical improvement in this diet could be produced at no extra cost depends largely upon the price of vegetables, and whether vegetables can be grown on the premises.

It is so essential that our youth—and especially our University students—should be scientifically fed, that the management of establishments such as Weir House should consider the food question as one of paramount importance.

With proper instruction in the relative nutritive values of the various foods, a great improvement could be effected at no extra cost.

Weir House apparently supplies plenty of butter and cheese, and cooked fruit, and the requisite amount of liver. But the diet on the whole is unsatisfactory.

(Continued from Column 1.)

THE COST.

If no fruit or vegetables can be grown at home, the average cost of such a dietary at present Wellington prices is about 15/- per individual per week. A family of two adults and two growing children therefore requires £3 per week for food alone! The basic wage is £4/13/4, and the average rent in Wellington is not less than 30/- per week, so is it any wonder that we do not eat an adequacy of the protective food stuffs?

Yet, in spite of these facts, if the amount of money which is now spent on meat and cakes and lollies by the average household were to be transferred to the purchase of eggs, fish, fruits and milk, and if every household made an effort to grow some greens, even if they only grow a window-box of parsley and cress, then the improvement in the health of New Zealand would be enormous, and the saving in dentists' bills would eke out the budget considerably.

More Difficulties.

There are more difficulties, too, which still have to be surmounted before food can be purchased for its full food-value.

How many people know that, for instance,

1. Pre-cooked breakfast foods, which are readily advertised as whole grain, are treated with superheated steam which tends to destroy the good antineuritic vitamin B1? In other words that the essential food vitamin for which we eat our morning porridge has probably been destroyed before we purchase the food?
2. That many brands of dried fruits contain a certain amount of sulphur dioxide, arsenic, and lead, which have never been proved to be harmless to human beings?
3. That the vitamin C in vegetables begins to break down as soon as the vegetables are pulled from the ground and that the vegetables and fruit purchased in shops are seldom fresh?

4. That the fact that wholemeal flour will not keep as well as white flour, is the basic reason why we have been bludgeoned into eating white bread instead of wholemeal bread?
5. That all brown bread is not wholemeal? And that most of the so-called wholemeal bread is made from a mixture of white flour and bran and that the germ is left out of the mixture?

Even so, knowing all these facts, we still want to know why certain things are as they are.

(Continued in Column 3.)

THE SOLUTION

As Professor Huxley said in his commentary during the famous Nutrition Film, "No complete solution of our problem is possible without considerable economic changes, either by providing the lowest paid members of the community with increased purchasing power or with cheap or free milk or other protective foods. But such a solution is a difficult long-term matter which will need all the community's patience and ingenuity. Meantime, for a large number of people, particularly in the higher income classes, much good can be done within the present limitations by teaching the proper choice and use of foods."

"Salient" offers the following practical measures for the consideration of University students, and those who are in authority:—

- (a) The suggestions made by Miss Lorimer in our leading article should be acted upon.
- (b) The Government should cease advertising over the air foods and patent medicines whose contents do not attain a prescribed standard.
- (c) A service similar to that given by the American Consumers' Union Reports should be immediately commenced by the New Zealand Government. (See article in this issue.)
- (d) Radio talks, circulars, newspaper articles demonstrating the principles of correct feeding should be sponsored by the Government.
- (e) The Government should immediately organise scientific research on a large scale on the subject of malnutrition and food values in New Zealand.
- (f) Films like the Nutrition Film should be made by the Government and shown widely.
- (g) The New Zealand Sale of Food and Drugs Act should be immediately amended as follows:
 - (i) The formula of all patent medicines sold should be fully declared to the authorities;
 - (ii) Remedies sold as cures for certain serious diseases should be absolutely prohibited;
 - (iii) Advertising of foods and patent medicines should be severely restrained;
 - (iv) The operation of the Act should be extended to cosmetics.

—R.L.M.

(Continued from Column 2.)

WE WANT TO KNOW

Why salmon and herrings should be deleted from the import list when these are the only foods outside cod liver oil, which contain vitamin D?

Why our Pure Foods and Drugs Act cannot be extended to embrace the declaration of the contents of all patent medicines and proprietary foods?

Why some better system of marketing vegetables and fruit cannot be worked out to benefit the consumer?

Why we spend so many thousands of pounds on new hospital wings and dental clinics, instead of buying oranges and milk and cod-liver-oil for our children?

Why, in short, we put an ambulance at the bottom of the cliff, instead of a fence at the top?

WHAT WE CAN DO

As a contribution to the health of New Zealand, the individual can make himself or herself more healthy by:—

1. Asking for fresh fruit and vegetables in restaurants.
2. Refusing to buy counterfeit patent foods and white bread.
3. Supporting such organisations as the N.Z. Women's Food Value League and the Consumers' League.
4. Growing some greens at home and eating them whenever possible.
5. Cutting down the consumption of cane-sugar and eating instead such fruits as dates, raisins and other dried fruits.



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S P O R T

RUGBY DEFEATS

The seniors sustained their fourth defeat of the season on Saturday, losing to Johnsonville 0-21. With one win, a draw, and four losses, they have three competition points to their credit. It was almost a scratch team that took the field against Johnsonville, for no fewer than eight of the regular players were absent, most of them in Christchurch taking part in the inter-Island Varsity game. For this reason too much importance need not be attached to the defeat.

But poorly as they have done so far, there are still three teams below them. When the season began some hopes were entertained that University might do well in the championship. Those hopes have now vanished, but there is no reason why they should be supplanted by fears of relegation to the Second Division. There is talent in the team, and if one or two weaknesses, to which particular attention is drawn in the commentary appearing below, can be eliminated, better things should be in store.

—L.B.S.

RUGBY

FORM REVIEWED

After a good opening against Eastbourne and a hard and close game against Marist, who have remained undefeated to date, the University side slumped against Ponoka, giving on that occasion one of their worst exhibitions for years. This game was a shocking display of football and it was therefore pleasing to see an improvement shown in the subsequent games against Massey College, Wellington and Athletic.

On the games played it can be said without fear of contradiction that the Varsity fifteen possesses one of the best packs of forwards that the Club has had for several years. They are virile and dashing in the loose and, unlike most Varsity packs, they tackle well.

BURKE'S HOOKING.

Burke the hooker has been showing good form and played his best game against Athletic. His hooking is up to his own high standard. Meads and McNeil have been very solid and most consistent. Their selection for the North Island Varsity side is well deserved. Hansen is another who has maintained a high standard and McVeagh has confirmed opinions formed of him in the opening match. He is heady and solid, the type that would do well in a representative side. Eade seems to have struck form now and his game against Wellington was splendid. The two Shannons have been showing dash and are very keen.

FIVE-EIGHTHS PROBLEM.

In the backs Rae has been steadily improving. Against Marist and Ponoka he did not appear to the best advantage, but in the games against Wellington and Athletic he has shown fine form. Against Wellington his performance was the best of any of the Varsity backs. The five-eighths have so far been weak. Several combinations have been tried with varying success and the best combination so far seen in action appears to be that used against Athletic—Parker and Larkin.

Failure of the five-eighths to get quickly on top of their opposing markers has made the task of the three-quarters an inviolable one, and until the five-eighths display form, the side must be severely handicapped. Of the three-quarters, Eastwood in his two games has been really good, despite very limited opportunities; O'Regan has been sound and purposeful; and Tricklebank, despite injuries which have hampered his play, good. Of all the inside backs Tricklebank alone seems to have the ability to take advantage of the wind in kicking to gain distance. Young has shown dash but appears to lack defence and a knowledge of positional play, and until he gains this his great speed will be of little avail. Kissel has not been in his best form at full-back but is showing improvement and should before long gain the standard he attained in the latter part of last season, when he gained his New Zealand University Blue.

Summing up it can be said that the prospects for the future are brighter and the record of the side should improve. Since the opening game five matches have been played, three being lost and two drawn.

GOOD COACHING.

Mr. Jim Parker has put in a lot of valuable time coaching the side and there is no doubt that his work is making a great difference in the play of the team. It is to be regretted that the vital weakness in the five-eighths has caused the results to appear less favourable than they deserve to be.

Members of the side who gained places in the North Island University team were Burke, Meads, McNeil and Hansen— forwards; and Rae and Kissel—backs. They are to be congratulated. Eastwood, the Victorian wing, was not available.

[South Island won by 20 to 13—Sports Ed.]

HARRIERS

The College harriers combined with the Brooklyn and C.Y.M. Clubs for a run at Tawa Flat on Saturday, about 50 runners from the three clubs covering a course of approximately six miles. The country covered was admirably suited to cross-country running, and it was an appreciated change to get out of town and off bitumen roads. Despite the fact that the going was heavy at times and became increasingly so towards the end when many water-jumps were encountered, a good pace was maintained throughout.

GENERAL FORM.

The novice race run three weeks ago produced two likely runners in Caird and Collingwood, who finished fourth and sixth respectively. Both these men will continue to improve, and both should do well in inter-club races. At Karori, Caird was running easily with the fast pack and impresses as a runner who would be quite at home on a rough day.

Morpeth is out again after a spell of a season. His fifth in the Sherwood was good work, and he was quite at home with the best at Tawa Flat. Powell is another new runner of whom more should be heard. With training both of these men will be in the first flight.

The Club is unfortunate in losing Jack Northey, who is being transferred to Auckland. He had just reached the stage when he would have been a valuable asset and he will be missed in inter-club events.

Inter-club racing will soon be with us and all members are exhorted to do some training. Some of the old hands who should know better are leaving their preliminary work too late. Take notice, Varsity Harriers, that the Dorne Cup will be held on 24th June, and the club team should fill one of the minor placings!! In any case, how much more you enjoy the sport if you are fit.

Next Saturday the club is sending a team of eight runners to Dannevirke to compete in a 6½ mile inter-club race there. The rest of the members will run from Varsity gymnasium, not from Thorndon as stated in the syllabus.

WOMEN'S HOCKEY

In recent years little success has attended the efforts of the playing members of the Women's Hockey Club. Last year heavy defeats in competition games had such an effect on enthusiasm and morale that two teams actually disbanded before the end of the season. This season the seniors are a much younger team than usual and we offer some comments on the players.

Boris Johannsen (goal).—A new player. Has yet to prove her worth. Winifred Lawgood (left full-back).—A hard hitter but must tackle more. Janet Bogle (right full-back).—Doing good work. Keep stick down and don't hit across mouth of goal.

Nellie Anderson (left half).—Tackles well but must learn to clear. Vesta Emmanuel (centre half).—Very useful on defensive play. Hits well but would improve if she kept more to her own position.

Margaret Wallace (right half).—Useful and energetic player.

Betty Fraser (right wing).—Good fast forward. Centres well.

Mary Frankish (right inner).—Not quite fast enough. Passes well.

Betty Stubbs (centre forward).—Much improved player but still weak on attack. Use left side more.

Nell Allardice (left inner).—A new player who will improve with practice.

Betty Rider (left wing).—A fast determined player. Sometimes spoils her play by retaining possession too long.

AFTERTHOUGHT.

There is no itch in the delicately nurtured bosoms of the rich.

BASKETBALL

At last! The Senior A team managed a win on Saturday—and that by one goal! After a period of considerable difficulty in fielding a team and a consequent run of defeats there seems to be some prospect of the reputation of Victoria basketball being saved. Island Bay Old Students team is playing its first year in the top grade and has had a win over Kia Ora who defeated last year's champion team on Saturday. This would point to V.U.C. staging a come-back to 1938 form. This may be a little too much to expect yet but with continued improvement in cohesion and the same nine being fielded each Saturday the team should break even in the second round.

Lower grade teams are experiencing great difficulty in settling down. Sickness has taken a heavy toll of players so that it is not yet possible to judge the material on hand. Heavy defeats so far do not necessarily mean that the play is so poor. It is to be hoped that nines will play together regularly now and show what future available material there is in the Club.

Amongst newcomers to the game this year who show promise as future Senior and Tournament players "Salient" has spotted Alison Stewart, Marie Norrie, Shirley Kay, Millicent Ince and Wynette Anderson. With most of this year's team available and several of the Senior B team on hand there will be hot competition for the Easter team in 1940. Some new faces may be decorating the Basketball photograph next year.

NEXT SATURDAY

RUGBY.

Seniors v. Old Boys, Hataitai, 1.
Juniors 1st v. Kaiwarra, Kaiwarra.
Juniors 2nd v. Ponoka, Wakefield, 1.
Juniors 3rd v. Tech. Old Boys, Wakefield, 2.
3rds, 1st v. Athletic, Wakefield, 3.
3rds, 2nd v. Johnsonville, Wakefield, 5.
All games at 2.45 p.m.

AT WEIR HOUSE

Weir has been prominent lately in the world of sport. Last week C. G. Wilson, by winning the Sherwood Cup, brought Weir once more into the limelight. Weir can perhaps be termed the nursery of the University Sporting World. From its portals have gone forth many of the College's Blues of recent years and with the sporting spirit keenly fostered as it is to-day, Weir should maintain its fine record.

HOCKEY TEAM.

Hockey, a game formerly frowned upon by Weir, has now come into its own. With the entry of a team in this year's fourth grade competition, Weir House can now boast of participation in all fields of Varsity Sport. Although most of the members of the team had never handled a hockey stick before the performances so far have been excellent. The first two games played with a fully representative team from members of the House resulted in victories against Wellington, 2-0 and against Petone, 5-1. Now that the holidays have ended and the team is again fully mustered, it is probable that the early promise shown will be continued. Cook, Rutherford, and Cullford are prominent in the forwards and half-backs, and Moss and Barton have been towers of strength in the back line.

TABLE TENNIS.

In the final of the Weir House Table Tennis Tournament held recently, P. B. De la Mere vanquished R. Te Punga in one of the most exciting games witnessed at the House for years. Playing before an enthralled gallery De la Mere upheld his reputation for finished stroking. He won by 2 games to 1 after an evenly contested match in which Te Punga fought hard.

BILLIARDS.

Billiards is a game also very popular at Weir at present. In the final of the Tournament held last week Whitlock, playing brilliantly, defeated the popular favourite James Halpin by 2 games to 0. Some of the breaks might have made even Lindrum envious.

And hail to Weir's golf champion, David Graham, North Island champion and probably the most promising golfer in New Zealand at the present time.

NOVEL TRANSPORT

Who said harriers was not a sport demanding brain-work? Bill Robertshawe must have done some fast thinking and talking when he hitch-hiked to Tawa Flat. (He says he walked three miles.) After all this, he adhered to his customary habits in running the six miles bare-footed. We are now prepared for anything, and suppose that when we go to Eastbourne Dick Burge will arrive in a rowing-boat.

HOCKEY TOURNAMENT

TWO VICTORIES.

The students of Canterbury College must be congratulated on arranging a fine tournament and thanked sincerely for their hospitality, for billeting and entertainment were excellent.

It is generally realised that a play-all tournament, involving five games, takes considerable toll of players' vitality and, as was mentioned later at the hockey dinner, many participants in final matches were playing at a dead stop. Hagley Park, on which all games were held, is an excellent playing field, and an eye-opener to Wellingtonians. Unfortunately owing to the recent dryness of Canterbury's weather, everyone gained the impression that cement had been used for top-dressing in mistake for super-phosphate. Blistered feet were common, and a small boom took place in the local market for plaster and salves.

All games were a pleasure by reason of first-class refereeing, and an excellent spirit of camaraderie unmarred by "unfortunate incidents."

Although the team was not the normal 1st XI, as many players could not travel, Victoria took third place in the tourney and, for the interest of readers, the scores of matches in which the College participated are shown hereunder:—

Victoria 4 v. Massey 1
Victoria 3 v. Canterbury A 6
Victoria 3 v. Auckland 2
Victoria 3 v. Canterbury B 3
Victoria 2 v. Otage 14

Neil Buchanan played excellently throughout the tourney and thoroughly deserved his position at right half in the N.Z.U. team which played Canterbury on Saturday.

In the first game Frank Walker, full back, sustained an injury to his upper lip necessitating several stitches and was unable to play in further matches in view of the possibility of further damage.

Stan Braithwaite suffered concussion in the third match, and is still an inmate of the Christchurch hospital.

Further remarks as to individual games and players are unnecessary, for the team, both individually and collectively, did its best, and Victoria was not disgraced.

To use a cliché—as a summary—a good time was had by all.

CONSUMERS' UNION

We have been reading a number of copies of the Consumers' Union Reports, published in America in the interests of consumers, and available to members of the non-profit organisation which publishes it.

Each issue deals with about eight different foods and commodities on sale in America. After a preliminary statement of the general position, a list of "Best Buys" is given, then a list headed "Also Acceptable," and finally a list headed "Not Acceptable." Needless to say, the third list is the largest. Commodities such as vacuum cleaners, tomato juice, soups, automobiles, sunburn preventives, shoes, whiskies, dentifrices, and canned foods are exhaustively discussed, and the place of particular brands in one of the three lists is settled after thorough scientific investigation. Reasons are always given for the inclusion of foods and commodities in the third list.

We noted with interest in the few issues we read—

A. Seven patent medicines on sale in New Zealand are included in a New York "Black List" as containing drugs injurious to health.

B. Only one toothpaste sold in New Zealand is on the "Also Acceptable" list (though of course there are many brands made and sold in New Zealand alone), and five well-known brands are "Not Acceptable."

C. Four Scotch Whiskies on sale in New Zealand are rated "Not Acceptable" on the basis of both quality and price.

D. That nose-drops, sold for the prevention of colds, have been proved to cause pneumonia when used by young children.

E. A brand of soap extensively advertised in New Zealand is "Not Acceptable."

F. That aspirin preparations, though reducing the fever and relieving headaches which accompany colds, have not the slightest effect in curing colds. The cause of colds is still unknown.

And so it goes on, pages and pages describing foods, etc., which are consumed in enormous quantities in New Zealand, and which are either sold at far too high a price or are of definitely inferior quality.

Why can there not be similar publication in New Zealand?

The size of our population would necessitate such a service being run by the State; but pamphlets could be issued periodically and distributed regularly to every household in New Zealand.

POWLES and PERCHES

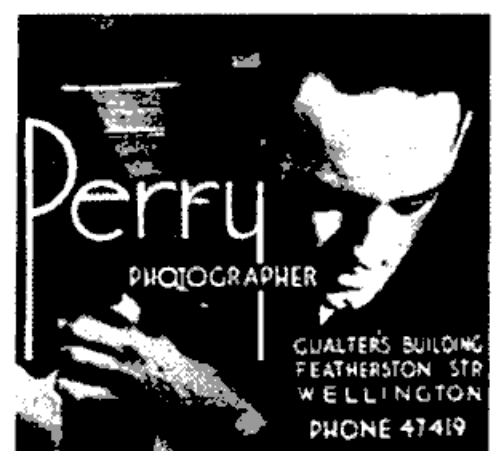
Feeling that its subjects have recently been too controversial, the Debating Club held a sweetness and light session on Friday, when a series of capable speakers wondered whether the "top-most perch" is really the slitheriest. Despite the fact that there were a good many amusing moments, one couldn't help feeling at the conclusion that the evening had been wasted. Even though Kingi Tahiti did return to lead the affirmative—a rather blasé Kingi, by the way—and, after a dull opening, struck form with all his old brilliance and verve, he couldn't do much with that material.

The arguments didn't matter particularly either way, but Mr. Edgley, whose past flapped round a bit, was placed first by Mr. Powles on account of his logic. Though he did get a bit tangled in his theology—as did Mr. Simpson in his metaphysics and Mr. Foley in his quotations (hi, there, Abe!). Placed second equal with Mr. Tahiti was Mr. Braybrooke, whose platform manner is easier than of old, while his matter is as lucidly presented. Marie Best spoke very pleasantly. Mr. Ongley very irreverently, and we enjoyed Mr. McWilliams' speech, as Mr. McWilliams obviously did himself.

For the benefit of posterity it may be recorded that the motion was carried by a large majority, and that, considering the smallish audience, the supper wasn't all it might have been.

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