

# MAN AND HIS BREAD

(Written for "The Listener" by DR. MURIEL BELL, Nutritionist to the Department of Health)

THE history of wheat growing makes a fascinating story. Take, for instance, the cultivation of strains that have enlarged the wheat belts for the short summer of Canada, or of strains that will grow in the dry climate of Western Australia. This is the basis on which the world's population has been enabled to grow—the application of science to wheat culture has made it possible to feed the expanding population. At a lecture given by Sir John Russell in 1931, a story was told of a gloomy prophet of the last century who had compared the rate of growth of the population with the areas suitable for wheat growing, and deduced that there would be famine in this 20th century—the audience appreciated the joke, for at that time wheat was being burned because of so-called "over-production" (more properly under-consumption due to the depression).

Wheat is generally preferred for bread-making—though there are peoples in other lands who prefer bread made from rye or other cereals.

## Trash And Chaff

Man has also become sensitive in his psychological and gustatory reactions to bread. We have each our own strong dislikes—the wholemeal-eater regards white bread as tasteless trash, the white bread-eater is inclined to make rude references

to the chaff eaten by the other fellow. Rather less than 10 per cent of the population eat wholemeal bread. And though £29,000 was spent on propaganda in favour of the voluntary choice of national wheatmeal bread in England, the people persisted in their preference for white bread until its compulsory introduction, forced by the shipping position. As Sir Gowland Hopkins has put it, "tradition tends to accumulate prejudices as often as truths." Many of us have changed our prejudices quite successfully—we often hear of parents who, knowing that wholegrain cereals have better nutritional value than refined cereals, have changed their habits in order to set the example for their children, and have found that they came to prefer the wholemeal bread. Food prejudices are fairly widespread in children—parents can, however, do a great deal to overcome these dislikes and thus do their children a good service. Sometimes it requires the firm attitude; sometimes reasoning; sometimes it can be done by the method by which as a child I was persuaded to like rabbit. Having refused to eat rabbit because I did not like the smell when it was stewing, I was one day presented with my portion of "chicken pie." Asked how I liked it, I said it was nice. When they revealed that it was rabbit, I knew I had been defeated—and have liked rabbit ever since!

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newspapers, and the BBC news broadcasts are all exactly a year out of date. It then becomes plain to them, as well as to the audience, that the Lord is moving in a mysterious way, and that the inn has been temporarily rebuilt and its ghostly hosts have returned to earth for one day for the express purpose of helping the British war effort. This desirable end is achieved when the Black Market operator decides to go straight, when the ex-gaolbird decides to rejoin the Army, the naval man gives up drink and decides to return to the sea, and his wife gives up spiritualism, the conductor makes up his mind to go on conducting concerts for patriotic purposes even though he knows it will kill him, and the son of Eire renounces his neutral status and an appointment to the Irish Embassy in Berlin and uses most undiplomatic language about the Nazis. And so on. Even a Welsh revivalist meeting could not achieve such a wholesale change of heart as takes place in this Welsh valley.

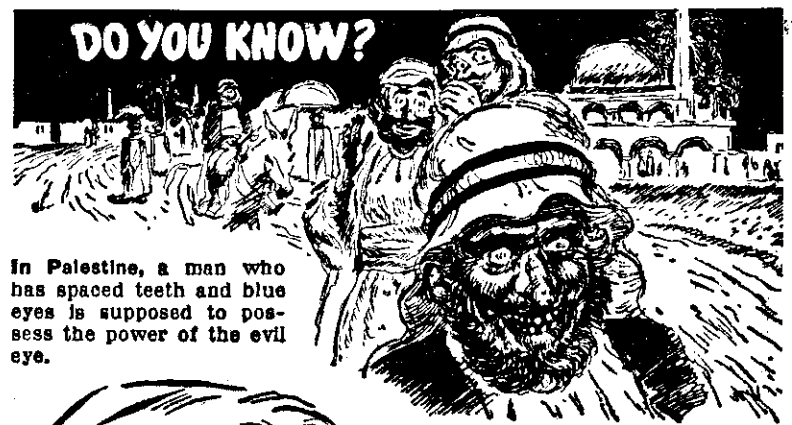
The acting, like the direction, is patchy. Tom Walls is not happy disguised behind a beard and a whisky bottle; the great French actress Francoise Rosay is absurdly wasted on an obvious attempt to repeat her role as the grief-distressed mother in *Un Carnet du Bal*; and Alfred Drayton's portrayal, particularly in his opening scene, is much too near burlesque to be in keeping with such a fundamentally serious theme. On the other hand, Mervyn Johns and his daughter Glynis Johns do enter, almost literally, into the spirit of the thing. They are the ghostly Welsh innkeeper and his daughter, and their kinship in

real life probably helped them to give a curiously intimate and remarkably convincing quality to their performances in the film.

As Lejeune pointed out in the *Observer* (and her opinion is exactly mine), *Half-Way House* is appropriately named, because it is "half way to a good idea, half way to good film treatment, and half way to good acting." With such a flying start, it is a pity that the film could not make the distance. Still, even half a good film is better than none, and a lot better than any number of wholly bad ones. So our little man is prepared to applaud *Half-Way House*, as much for what it tried to be as for what it is.

## Traffic Lights Inside Houses

The idea is not as absurd as it sounds! For really, there should be some sort of warning device when people use old-fashioned polishes which make floors like a skating rink. Apart from the damage to dignity, there is a real risk of physical danger. How fortunate, then, are homes where QUEEN BEE WAX is used. It's non-skid. It won't let you down. And work is so much easier when you use QUEEN BEE WAX. Queen Bee cleans, shines and preserves in one action. Its polish lasts, and will not smear. Start using now—the safe, efficient polish for floors and furniture—QUEEN BEE WAX. Only the lightest application is needed, and it doesn't cake or harden in the tin. 1/5 and 2/5 at all stores.



In Palestine, a man who has spaced teeth and blue eyes is supposed to possess the power of the evil eye.



Lady Hamilton's dentist recommended "a straight toothbrush with stiff hair fixed in the end, somewhat like a painter's pencil." Even with a toothbrush like that, Lady Hamilton's smile was a winner. So what couldn't you do with a modern toothbrush and Kolynos Dental Cream? Kolynos sweeps away ugly stains... leaves your teeth white and sparkling.

Kolynos has been awarded the Gold Seal of the London Institute of Hygiene for consistent purity and quality.



Pliny says: "Take the first tooth shed by a child and use it as an amulet to protect him from pain."

King James I. of England had decayed teeth and was forced to bolt his food. As a result, he suffered from chronic indigestion most of his life. Do you know what causes tooth decay? Those tiny particles of food that get jammed between your teeth. But you can sweep away those food deposits with just half an inch of Kolynos Dental Cream on a dry brush.



Powder or cream—which do you prefer? We prepare Kolynos as a Tooth Powder for all who might like it that way. Has all the famous qualities of Kolynos, of course.



In England, 1600, a wise woman in Lambeth sold for a penny a charm of Saint Apollonia which was supposed to prevent toothache for the life of the wearer! Toothache is caused by dental decay—that's why you should keep your teeth antiseptically clean by brushing them with Kolynos after every meal.

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