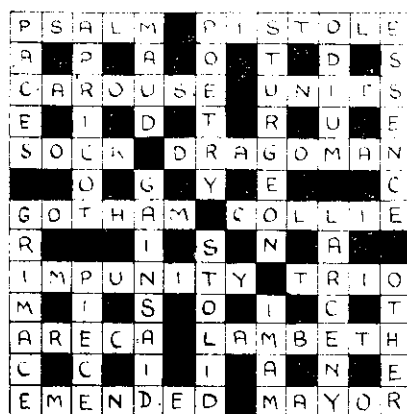


THE LISTENER CROSSWORD

(Solution to No. 247)



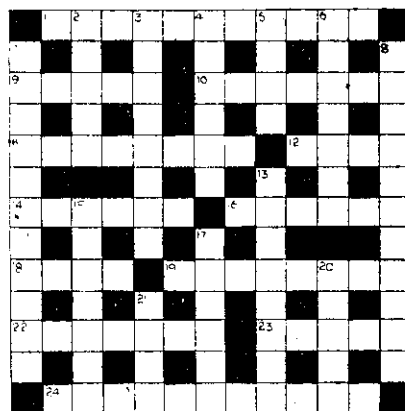
Clues Across

1. If you know the right one you won't need to use gelignite to open the safe.
9. The name of Ronald Frankau's adoring elephant.
10. Great circle.
11. Any lines (anag.).
12. See 21 down.
14. "How are the — fallen" (2 Samuel, 1.).
16. Bridge over the Grand Canal in Venice.
18. Prong.
19. "A sweet — in the dress" (Herrick).
22. "Your old men shall dream dreams, your young men shall see —" (Joel, 3).
23. Be in store for.
24. Musical instrument traditionally accompanied by a monkey.

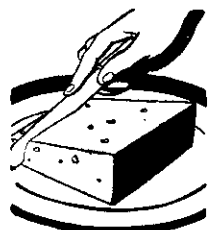
Clues Down

2. So Tim leaves out.
3. Colonel Blimp asserts that they bring the best out of a man.
4. Black alloy for filling designs engraved on silver.
5. "And faith unfaithful kept him falsely —" (Tennyson).
6. Acute neuralgia is a precious stone—is it this sort of illusion?
7. "Yes."
8. Cora's artist (anag.).
13. Monster slain by Theseus with the help of Ariadne.
15. Seating for the Broom family?
17. Tawdry brilliance.
20. Conical cap of ancient Persians.
21. And 12 across give the name of a suite by Billy Mayerl.

(No. 248: Constructed by R.W.C.)



Advice on Health (No. 233)



BREAD AND CHEESE

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

THE time-honoured combinations of foods, such as bread and cheese, porridge and milk, potatoes and milk, are finding justification in recent experimental work.

Milk and cheese are important for supplying first-class protein; but the proteins of milk have the additional property that they are able to enhance the value of such vegetable foods as cereals and potatoes.

We are accustomed to refer to the biological value of proteins; we feed them separately to rats, and find how much is required for growth. On this sort of test, the biological value of proteins of meat, milk, and eggs is rated much higher than that of cereals or vegetables.

However, it has been recently found that when milk proteins are fed as an accompaniment to cereal or potato protein, the biological value of the latter two is increased. Thus, for example, a combination of bread and cheese had, when tested on rats, the same value, 75.5, as cheese, though bread alone had a value of only 52. In like manner, a combination of milk and potato had a biological value of 86, almost as high as that of milk, though potato alone had a value of 71. (Note that potato protein, though small in amount in that vegetable, is of high biological value, even by itself).

In this way we are learning more about combinations of foods; these ex-

periments are justifying old food customs and teaching us to drink milk as an accompaniment to our sandwiches.

Readers will be interested to hear, therefore, of another interesting example of what our grandmothers knew. The other day, a Plunket nurse gave me a bottle of blackcurrants which she had unbelievably buried under the ground three years previously after hearing what she regarded as a grandmother's tale about preserving blackcurrants by burying them. She had picked them, put them straight away into a clean, sterile bottle, inserted a sterile cork, and then buried them under a foot of earth, amused at herself for doing it. I can testify that three years later, they were still good, had grown a little tough in the skin, had lost the blackcurrant aroma, but they were still quite nice for making into pies or drinks. We were curious to know whether there was any vitamin C left in them, and to our astonishment they had retained two-thirds of the vitamin C of fresh blackcurrants, even though I brought them down in a heated railway carriage, which was not likely to have done their vitamin C any good. Grandmother has already been vindicated for her advocacy of blackcurrant drinks for colds, and now her tale of preserving blackcurrants in buried bottles is also true.

Add to this the old custom of making rose-hip jam, which in Mrs. Gaskell's time was kept by the doctor on the shelf of his surgery to dispense to his patients, and one is forced to remark on how shrewd must have been our forbears' observations.

ISSUED BY THE



DEPT. OF HEALTH

SCARLET FEVER

Important Advice, Part 2

Part one of our advice dealt with how to dodge Scarlet Fever. In case you fail to dodge it—here is what to do. Unless there is safe nursing, the fever will spread.

Have a separate room or veranda for the patient.

Have what are called "clean" and "contaminated" areas in the room. There should be a small table or washstand for the nurse's wash basin, towel and soap, and a special cupboard or box for the patient's wash bowl, tooth brush and mug, and for a bedpan if needed. Keep the thermometer immersed (and out of reach) for two-thirds of its length in cyllin, 1-160.

Set aside a special mop or broom and duster for the sick-room, and damp-sweep and damp-dust floor and furniture.

Have an overall or gown hung on the back of the door—don this gown and cover the hair with a cap when entering the room.

After attending to the patient, scrub hands and arms for one minute in hot water—remove the gown without touching the outside until the arms are out (the district nurse will show you how if you ask her)—hang up the gown, and rescrub the hands and arms for another minute.

Any utensils should now be emptied and returned to the room.

Bed linen—Unstained bed linen should go straight to the boiler, to soak or be boiled, or remain in its container untouched until wash-day; stained bed linen should be soaked in antiseptic (cyllin, 1-80) for four hours.

Squares of newspaper fastened at one corner into bundles should hang in the "clean" area of the room, for opening doors or handling clean utensils after the hands are contaminated.

Fill a hot water bag by bringing a jug of hot water to the room, protect the jug handle with a square of paper, and fill the bag. Place jug in the "clean" area, and wash hands.

Feeding utensils should be scraped on to a paper and placed in a bowl of cold water, and then boiled for five minutes; or alternately, placed in a bowl kept for the purpose and washed.

Patient's dishes, tea-towel and dishcloth must be kept separate.

After these operations, and after any procedure in the sick room, always wash the hands thoroughly.

By following these instructions, Scarlet Fever can be isolated within your own home.

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FOR A HEALTHIER NATION

