

(continued from previous page)

grave, and then relented and had to dig them up again. Even Tennyson deliberately dressed and acted the part of the Seer. In the 90's there were the group of "decadent" poets, sitting in stale cafes (which they imagined were life), dropping alcoholic tears into their absinthe, watching the dawn come up like a scarecrow perched upon by ravens, and crying out with febrile intensity that this was a hell of a world, and the only thing worth clinging to was Art with a very large "A". "I have been faithful to you, Sinatra (I'm sure I beg your pardon, force of habit), Cynara, in my fashion." Most of them came to a sticky end, while that peasant-pagan-pessimist, Thomas Hardy, went on writing in his wholesome day down in Dorset and lived to a ripe old age.

Then Came Conscription

The British Army, "the red-little, dead-little army," was simply, in the eyes of Englishmen, something which went abroad and fought the Empire's small battles, and otherwise didn't concern them. Compulsory service? Sir, we are freeborn Englishmen and we won't put up with any such thing. We won't be compelled to prepare ourselves for the defence of our country, no Sir! But events proved stronger than prejudice.

"The first World War, and World War No. 2, swept everybody into the army. We were back to the old Greek and Roman conception of citizenship. The poets went, whether they liked it or not. I should say that most of them didn't need compulsion. There were plenty of soldier-poets in the last war, and are in this one, and quite a number have been cut off with a lot of their music still in them.

On one point, however, your contributor is correct. All, or nearly all,

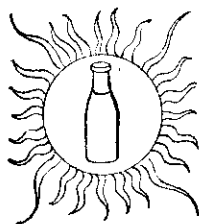


"... Whether they liked it or not"

popular poetry about war has been written by poets who never saw a shot fired in anger. Field-Marshal Lord Wavell points this out in that fascinating personal anthology of verse which he published not long since. The heady, lilting stuff that we all know, the famous fight in the "Lady of the Lake," Tennyson's "Revenge," Macaulay's "Horatius," Chesterton's "Lepanto"—these and many

others were written by men of peace; written from the side-lines by men who, in many cases, were a very long way behind the gun. So, generally speaking, it is the non-combatant poets who have given us romantic pictures of war, and at the present time, at any rate, the combatants have been making a pretty strong attempt to correct the balance.

—A.M.



Advice on Health (No. 235)

Light on Food

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

TOO much light on food — such might be the weary complaint of a nutritionist faced with the 5000 papers that are written about food each year.

However, that is not the burden of the present complaint of too much light on food. It is the light of the sun that is the trouble—though there is the exception in that ultra-violet light is commercially used for enhancing the vitamin D value of milk. This is one method adopted, for example, in U.S.A. for supplying the rickets-preventive factor to babies. More usually, the effect of light is harmful. It hastens the destruction of vitamin A in cod-liver oil, or of vitamin C in rose-hip syrup. Not only thus does it steal from the baby; for if light falls on the milk, it causes the destruction of vitamin C and of riboflavin, one of the vitamin B factors. It also imparts a fishy flavour to the milk.

"Rapid and Dramatic"

We hear a great deal of misdirected criticism against pasteurisation, but we should blame light much more sternly for deterioration in the qualities of milk. If no light has fallen on milk, then it can be pasteurised without suffering any loss of its vitamin C value. Milk is capable of providing from 12 to 15 milligrams of vitamin C per pint, about the same amount as you would get from a smallish tomato, or from an average Sturmer apple. But the effect of light, according to Dr. Kon, of the Dairy Research Institute at Reading, is rapid and dramatic. A pint of milk left on the doorstep in the usual way for half-an-hour, and then placed in the larder,

loses by the time it is consumed fully half the vitamin C originally delivered by the milkman.

There are those who argue that other foods are rich sources of vitamin C, and that these other foods, e.g., green vegetables, cauliflowers, swedes, oranges, tomatoes, or rose-hip syrup, can furnish us with our daily requirement of vitamin C. But they cannot put up the same argument in the case of riboflavin. A pint of milk supplies the average adult with nearly half the amount of riboflavin needed for good health, and that is one of the reasons why at least a pint of milk per day is advocated. Other foods contribute only small quantities by comparison, exceptions being liver and kidney, which contain it in abundance. Therefore it is a serious matter when milk that has been exposed to light for four hours loses 50 per cent. of its riboflavin. When I see milk-carts, uncovered as they usually are, still delivering milk at 11 a.m., I think of the ruination that is being wrought.

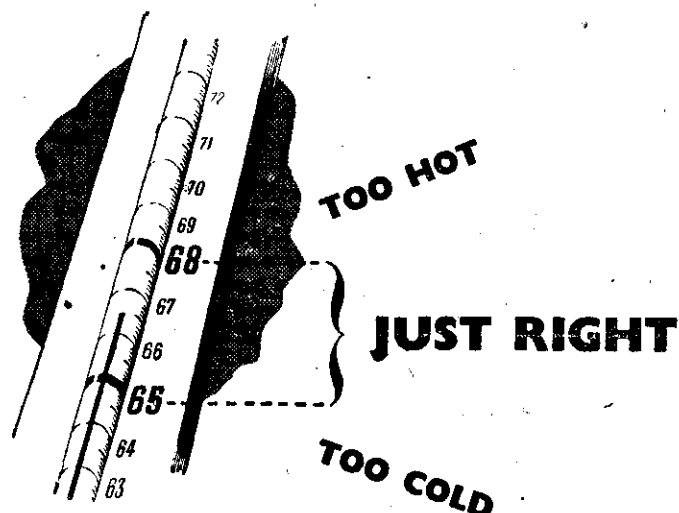
One remedy is coloured bottles. But will the average housewife be prepared to accept her milk in a brown bottle? Usually she likes to see the layer of cream on top, and indeed that is one of the reasons why bottles have gained in popularity. Then also, it is easier to detect dirt or see when it has been properly cleaned, if it is of colourless glass.

Much has been done in U.S.A. on this aspect of the protection of milk from deterioration by agencies such as light and oxygen. We shall probably have to wait till after the war is over before we can implement the progress that has been made along these lines.

ISSUED BY THE



DEPT. OF HEALTH



The inside temperature of your office or living room should be between 65 and 68 degrees Fahrenheit. This is health and comfort level. Keep within that range and dodge chills.

Good ventilation is more important in winter than at any other time. Working in a warm, stuffy atmosphere invites colds and other respiratory troubles. The sudden switch from an overheated room to cold outer air is dangerous.

Many office workers are scared of fresh air in winter, but proper ventilation will keep an office fresh and the worker healthy and alert. Get out into the open air in lunch hour. Fling open the windows before you go out—to flush the office with clean, fresh air—and notice the tonic effect when you come back. Factory production has been shown to be 15 per cent. higher at 68 degrees than at 75 degrees.

At home, sealed rooms will undermine your health. Keep them well aired during the day, and at night open your bedroom windows as wide as the weather will let you.

Still, stale air hinders evaporation and prevents the skin from equating heat production in the body with heat loss through the skin. We call these conditions "oppressive".

Temperature affects the wonderful heat exchange mechanism of the skin, which can nicely balance the production and loss of heat at a room temperature ranging from 65° to 68°—but not above.

FRESH AIR—Free and in full supply USE IT

24a

FOR A HEALTHIER NATION