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detective stories. *Trent's Last Case* is one of my favourite books of the last 40 years. I have read it many times, and can always pick it up with pleasure. I read it not only for its plot, but for its wisdom. Mr. Wilson mentions, with contumely, one of Miss Ngaio Marsh's stories—not one of the best. If he wants to know something about New Zealand, which perhaps is doubtful, he could do worse than read three others—*Vintage Murder* (the Main Trunk Country), *Colour Scheme* (North Auckland), and *Died in the Wool* (sheep-farming in the higher country of the South Island). The local colour in these books is excellent. I am much less interested in the mystery of *Died in the Wool* than in the character-drawing and the fine pictures of McKenzie Country landscape.

THE comments on Dorothy Sayers's novel *The Nine Tailors* are unfortunate. Admirers of Dorothy Sayers would agree, I think, that among her books this is in a class by itself, in that it is a good general novel as well as a sound story of detection. At any rate I know quite a number of people

of this opinion whose taste in books is not to be despised. I re-read *The Nine Tailors* the other day with much enjoyment, and it wasn't the crime detection that took me to it so much as its picture of life in the Fen Country. Mr. Wilson apparently sees nothing to admire in this. He says the bell-ringing descriptions could be written from encyclopaedias and treatises. Let him try. I take leave to doubt if any mugging-up could produce the atmosphere that Dorothy Sayers conveys. The bells give the chief tone to the whole book. They are the cause of one man's death, but they contribute to the spiritual life of the whole community. My main memories of the story are not of death and detection, but of the vicar and his wife and their little flock, of the great mediaeval building dominating the landscape, of the bells ringing out over the fens, and of that scene at the end where everyone takes refuge in the church from the floods. Yes, a book that enlarges one's experience and makes one think more kindly of men.

HOWEVER we must be fair to Mr. Wilson. The article quoted in *The Listener* is not the only one he has

written on the subject. There appear to have been three. I have seen a second article, an appreciation of Sherlock Holmes. It is a subtle study, which collectors of Holmes literature will be glad to possess. For, strange as it may seem, there is a literature about Holmes. I have two such books, and I would like to own Monsignor Ronald Knox's incomparable study of the Holmes corpus, written in the style of the Higher Criticism. It is a joy. I mentioned these two books recently to a young woman with an Oxford degree, and her eyes glistened. She borrowed them with delight, and, what was equally important, returned them promptly. All this gives additional point to Chesterton's statement that Sherlock Holmes is the one character in fiction since Dickens who has become a household word. Millions of people abroad, and no doubt some in England, think of Holmes as a real person. Arrivals in London make for Baker Street to see his famous rooms.

There is still no place like Holmes, but lesser habitations have their attractions. Having admitted that he takes pleasure in the highest, Mr. Wilson may ultimately find himself at ease in the lower.

—A.M.

Advice on Health (No. 245)

FOR HORSES - AND MEN

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

EVERYONE is familiar with the story of the Sassenach who twitted the Scotsman with the custom of using oats to feed men in Scotland, but to feed horses in England. "And where can you find better horses than in England, or better men than in Scotland?" was the Scotsman's subtle reply.

Since wheat is regarded as definitely suitable as a food for man, let us compare, in the table given below, oatmeal and wheatmeal as foods.

There will be slight variations in the figures shown with the type of wheat or the type of oats—the figures are averages only. They reveal no essential differences. The nutritional value of their proteins is approximately the same; they are equally capable of supplying certain important building stones for growth, and they equally require the addition of milk to the diet to supplement their deficiencies.

Comparing equal weights of the cereals, the mineral and vitamin content is much the same. We have to admit that the phytic acid of oatmeal as consumed exceeds that of bread. However, theoretically, there is little to choose between a breakfast of porridge and milk, or of wholemeal bread with coffee-and-milk, provided that the same amounts of cereal are taken in each case.

For many of us, a plateful of oatmeal porridge is a healthful and easily prepared hot breakfast. It has the merit that it is also cheap.

Many people fail to distinguish between the term "preheated" and the term "ready-to-eat" as applied to breakfast



cereals. All oatmeals are pre-heated—this facilitates the removal of the husk. Some of them are finely ground in order to make them easier to cook. Mere grinding does not diminish the nutritional value. Cereals that are "ready-to-eat" have two disadvantages; their greater cost, and the loss, during the processing, of an important contribution made by whole grain cereals, namely the vitamin B1. Advertisements claiming that they are "whole-grain" are therefore misleading on one of the most important aspects of whole grain cereals. On the other hand, these cereals are usually popular. Moreover, those who suffer from allergies to cereal can usually take the ready-to-eat cereals because the allergenic factors have been destroyed by the processing. It is advisable, however, if they are taken frequently, or in such a quantity as to form a large part of the dietary, to make up for their lack of vitamin B1 by taking other foods that are rich in this constituent.

One oz. of	Calories	Protein grams	Fat grams	Carbohydrate grams	Iron milligrams	Vitamin B1 milligrams
Wholemeal flour	100	3.7	0.6	19.9	1.08	0.120
Oatmeal	111	4.0	2.1	19.0	1.13	0.105

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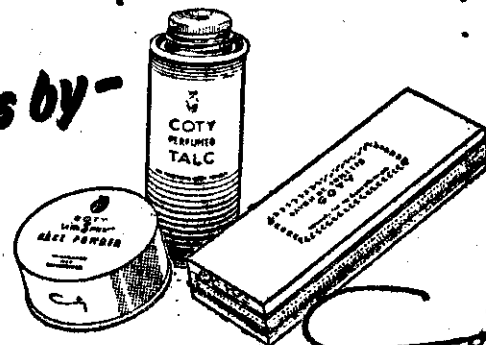


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