

a preview and a promise

A glimpse at an old favourite... the corset that Steeles know so well how to fashion for maximum comfort, control and long sturdy life. And this is a promise—that there'll be more and more... for you and you... as soon as it's humanly possible.

Yes full elastic everywhere where it will do most good... unlined or full linings for double strength... quality and durability to equal the best Steeles ever made. The bra is "Modern Lady", deep for control, reinforced for strength, with lace for daintiness and elastic for snugness.

FOUNDATIONS THAT BECOME YOU...

Steeles

FORM FITTING FOUNDATIONS

All Best Stockists. Manufactured by J. Steele Ltd., Auckland. "The Corset Specialists".

QUICKLY RELIEVES distress of STUFFY HEAD-COLDS



QUICK! PLEASANT!
Just a few drops
up each nostril

For fast, almost instant relief of stuffy head-cold distress, put a few drops of Va-tro-nol up each nostril. Clears stuffy nose, shrinks swollen membranes, soothes irritation. If used in time, even prevents many colds. Works fine!

VICKS VA-TRO-NOL

Vick Products Inc., 122E 42nd Street, New York.

Broadcasts to Schools

SPACIOUS DAYS OF "GLORIANA"

WHEN the second historical serial in the NBS Broadcasts to Schools this year starts from the four YA stations and 2YH, 3ZR and 4YZ on Tuesday, July 23, children will leave the atomic age and, for 16 weeks become time-travellers (between 1.30 and 2.0 p.m. on Tuesdays), journeying by radio 400 years back into the Tudor period. They will meet Elizabeth at her coronation, find themselves in the thick of plots, risings and high adventure, and follow the fortunes of an imaginary hero, Matthew Carey, in *Gloriana*, which has been written for radio by Isobel Andrews, of Wellington.

The first serial was set in the reign of Henry VIII, in the years 1513 to 1543; the second will concern the period 1558 to 1588. *Gloriana* was completed in the production studios last week, and for half-an-hour or so *The Listener* shared with young Carey in the excitements of the day.

Drake, Raleigh, Marlowe, Sir William Cecil, Francis Bacon, the Queen of Scots—all these figure in the tale. Of the Tudor rulers, history tells us, three were

strong-willed and clever, and they reigned for 110 out of the 118 years making up the Tudor period. They were Henry VII, his son Henry VIII, and Henry VIII's daughter Elizabeth. Henry VII was cautious and far-sighted; he was continually planning, but kept his plans to himself. Henry VIII was bold, strong and self-willed. Elizabeth was high-spirited, clever too, and ruled for 45 years.

Tudor times were marked by great changes, due mostly to new forms of thought arising out of the Revival of Learning, which started in Italy and caused books of all kinds to be studied greedily. Up to this time most of the learned writings were in Latin, but now Greek began to be studied and old Greek writings read. Students of Greek were highly honoured, notable among them being Erasmus, who visited England in Henry VIII's reign. Both Henry and Elizabeth shared this love of learning, one result of which was that soon teachers of Greek as well as Latin were to be found in the universities.

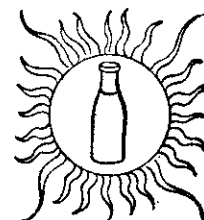
Exploration, too, caused changes in Tudor days, beginning with the discovery

(continued on next page)

Advice on Health (No. 262)

RED HERRINGS

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



THE title, appropriately enough, has nothing to do with the nutritional value of herrings, or with pigments in nature—though either would make good subjects for nutritional articles. The particular red herrings that are being trailed to which one would here wish to draw attention are connected with the value of milk as a food, and the allegations made against the processes used to make it a safe food.

We are continually hearing erroneous and exaggerated statements about the effect of pasteurisation; it is falsely implied that gross losses in nutritional value occur on pasteurisation. This somehow tied up with the idea that it is sinful to alter a natural food, though why should we not extend the idea and insist on eating our beef raw? Or take a leaf out of the book of the African Masai and drink the warm blood of cattle?

Taking each constituent of milk in turn, there is no loss of protein, vitamin A, or riboflavin when milk is pasteurised. These are three of the most important factors in milk. Another most important factor, the calcium, is not diminished in quantity, though some of it is in a different form after pasteurisation, causing the process of making junket to be a little slower. It is however still as good a source of calcium as unheated milk. The loss in vitamin B1 is only one-twentieth to one-tenth of the

total—indeed, there is far greater natural variation in vitamin B1, the cow at the beginning of lactation supplying milk of a higher vitamin B1 content than she does at the later stages.

The subject of vitamin C in milk deserves elaboration. A pint of milk drawn straight from the cow is capable of supplying about 12 milligrams of vitamin C—about as much as would be contained in a medium-sized tomato. Milk may be pasteurised without any loss of vitamin C during pasteurisation, it is more to be attributed to the previous exposure of the milk to light and oxygen.

The effect of light on milk is several-fold. It destroys a large part of the riboflavin (and a pint of unspoilt milk contributes about half our daily requirement of this member of the group of B vitamins.) The substance so formed accelerates the effect of oxygen on vitamin C. When the vitamin C is destroyed there is no remaining bulwark against the oxidation of the fats, and a rancid taste develops. Is it any wonder that the careless handling and distribution of milk brings this important food into disfavour? For, above all, the taste of food is the most important point in inducing us to consume it.

Therefore, to those who cry out against the pasteurisation, we may say, with David, "An unwise man doth not well consider this and a fool doth not understand it," or with Job, "Who is this that darkeneth counsel by words without knowledge."