

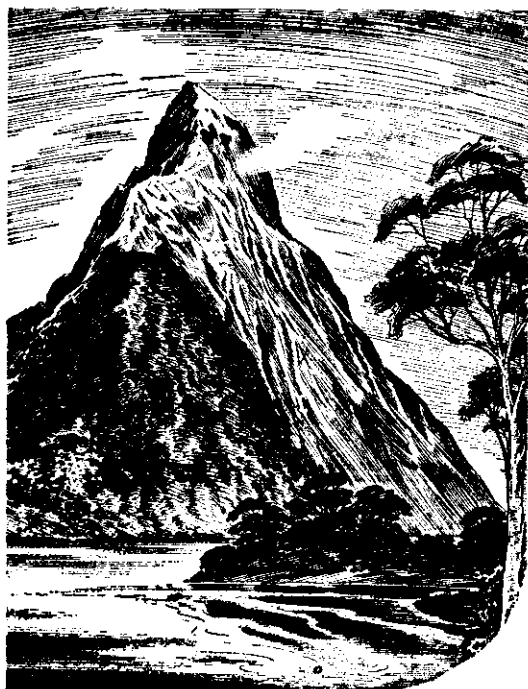


## So safe that a child could use it

To find an antiseptic deadly to germs and yet kind and gentle to delicate body tissues was a problem which baffled medical science for two generations. This problem was solved by the modern antiseptic 'Dettol' which,

though several times more deadly to germs than pure carbolic acid, is gentle and kind to tender human tissue. It is entirely non-poisonous and so safe that a child could use it. 'Dettol' neither stings nor stains.

Reckitt & Colman (New Zealand) Ltd., Bond Street, Dunedin. D.50



MITRE PEAK

For  
FIRM  
FOUNDATIONS  
of prudent  
Estate  
management

*Appoint*

# The PUBLIC TRUSTEE

A.3.18

# MILK v. ICE CREAM

*Reply by Dr. Muriel Bell*

THE Ice-Cream Manufacturers' Association take exception to the figures which I have used in calculating the nutritional value of 3d. worth of ice-cream (2oz.) and comparing it with 3d. worth of milk (1 pint, 568 c.c.). The figures which I used were those of the U.S.A. National Research Council (1943), compiled by the many eminent nutritionists who constitute the U.S.A. Food and Nutrition Board. The figures which I used are very similar to the figures given by Winton and Winton, whose book is quoted by the Ice-Cream Manufacturers' Association. Here are the amounts given by these two authoritative sources, for 3½oz. (or 100 grams) of ice-cream. A slide rule, accurately used, will soon bring the calculations to the figures which I quoted for 2oz. ice-cream:

### Composition of Ice-Cream —Per 100 Grams

	Winton (1937), Vol. 111.	National Research Council, U.S.A. (1945)
Protein . . . . .	2.4 grams	4.0
Fat . . . . .	12.0	12.3
Sugars . . . . .	20.2	20.8
Calories . . . . .	198	210
	(calculated)	
Calcium . . . . .		132 milligrams

Vitamin A . . . . .	540 International Units
Thiamine . . . . .	.04 milligrams
Riboflavin . . . . .	.19 milligrams
Niacin . . . . .	.1 milligram

Naturally, it makes something of a difference if the sign for microgram, which is one thousandth of a milligram, is mistaken for a milligram. I can find no other explanation for the claim that 2oz. of ice-cream contains 134 milligrams of riboflavin or 36 milligrams of vitamin "B." I can state categorically that their figures are fantastic, because no food contains as much as this.

As to the accusation that I had used 4.5 per cent. as the fat content of milk, I had actually again used the American figures, namely, 3.9 per cent. fat. This is actually belittling our average New Zealand milk, because I am told by the Milk Marketing Division that the average figure for the fat content of New Zealand milk for the past year has been 4.1 per cent. I have therefore erred on the side of generosity to the ice-cream!

Though the figures given may differ slightly in some respects from one set of samples to another—or even in the 1943 edition of the National Research Council's list compared with the 1945 edition—the comparison of ice cream with milk as a food for children as given in my original article holds good.

## LETTERS FROM LISTENERS

(continued from page 5)

### SOIL FERTILITY

Sir,—The article on Soil Fertility by Dr. H. L. Richardson may have the effect of discouraging the use of organic manures to overtake the rapid depletion of soil fertility in New Zealand. It is necessary to relate the facts about Chinese methods to our conditions and problems. I do not know of any weight of opinion in New Zealand favouring the use of sewage in the way mentioned by Dr. Richardson, but there is a growing body of practical people, backed by the most modern agricultural and medical science, who have found it impossible to obtain soil fertility and produce of flavour and quality with the exclusive use of artificial fertiliser.

Merely to decry the primitive Chinese method and to refrain from mentioning the development from such methods of Sir Albert Howard's sanitary Indore method of composting wastes, is not constructive.

The Rothamstead trials of artificials have been effectively disposed of by Howard as unscientific and non-practical, while the result of 4,000 years of Chinese farming, however insanitary, is continued soil fertility and a remarkably virile peasantry.

As to pollution, that factor does not arise with the use of composted wastes; in fact, the increasing pollution of our rivers and harbours would be eliminated by the production of an odourless fertiliser that would restore the health content to our vitamin-deficient fruit and vegetables. South Africa, faced with soil

problems, has done this with great benefit to the land, and what satisfies the health authority of South Africa should be good enough for us.

Let us be practical and not be sidetracked by extraneous matters like Chinese nightsoil. Surely the people's health is more important than the profits of interests that benefit from the Rothamstead experiments.

ALAN R. STEPHENSON  
(Auckland).

### STUDIO RECITALS

Sir,—I most heartily agree with H. E. Gunter about studio recitals as we get them from all stations at the present time. I well remember being told as a child by a first-rate artist that it was much better to hear a simple tune or song being played or sung with perfect technique, true artistic rendering, and above all depth of soul. Can that be said of many of those we hear now? True, these may be gained with hard work and long experience. So why try to run before you can walk. This should be good advice to many.

A TIMARU READER.

Sir,—Your correspondent H. E. Gunter is rather hard on "local talent." Personally I heartily agree with all he says and could easily add to his list of faults mentioned, but being a tolerant person I place the blame on the broadcasting authorities. Is it necessary to allot an entire quarter-hour to "local talent"? We could, perhaps, put up with one item very occasionally, but why when there are so many celebrated artists should we have to listen to inexperienced people whose only claim to distinction is their ability to sing out of tune.

"EARACHE" (Christchurch).