

SOLDIER INTO CIVILIAN

(Continued from previous page)

Guardsmen who attend parade with a rusty shotgun on his shoulder. The blacksmith who shoes 10 horses a week instead of making a hundred tripods for machine-guns. The worker who makes cases for lipstick instead of cases for bullets. The corsetiere who must concentrate on the body beautiful instead of the body useful. (Although they do simplify dressing by the right at A.T.S. parades.)

All these people and many more must feel as I do that it is easier to wait for something to happen and impossible to go out and make something happen. The E.P.S. Warden is eager to see that his area is ready for emergency. But he can find neither buckets for sand nor emergencies on which to use them. So he waits and we all wait, and the waiting gets a bit on our nerves.

The difference between my attitude to this problem while I was in the army

and my attitude now that I have time to think, is something like this: I was busy then, often uncomfortable. Checks and disillusion were annoying. But annoyance passed with a sunny day or bacon and egg on Sunday. Now I find myself getting once again like everyone else out of uniform. I can console myself neither with the thought that I look pretty behind my facade of brass, nor with the illusion that the business behind the bright works serves a useful purpose. My only immediate interest, I say again, is that brew of beer-to-be.

More Push Proposed

So that my first conclusion as a free thinking civilian is this:

The war effort in New Zealand is not as vigorous as it might be, and there is a danger that energies will flag with spirits. Confusion, waste of effort, misuse and disuse of effort—all these and more are inevitable when a huge new organisation is created almost out of nothing. But many of us, from the top down, are too prone to say those words

as a catchphrase, excusing all deficiencies.

I imagine it is my job as an individual to keep interested. And that it is the State's job to keep me interested. At the moment, if my case is common, democracy is not in this country offering the dynamic that drove Germany into France, Greece, and Russia. No doubt battle itself would stir us to activity. But in that case, the dynamic would not gather speed soon enough. It must be operating with all possible revolutions before the emergency is encountered. Besides, it is not enough that we should be waiting for bombs to stir us. There must be something in our system of living that excites us to

action. If there is not, we fight for a cause that does not exist.

I am confident that we have the necessary mixture here for a revolution against ways of thinking that disgust us. But it must be expressed in practical terms. All the people must be turned into rebels for democracy.

City councils can send out as many circulars as they like; democracy will not come in behind its leaders unless it is mobilised. Why not a general mobilisation in New Zealand? If we are in the world we are in the war. Why not mobilise the army, and the industry, the land, and all the people?

I will throw in my brew of beer.

Advice On Health (No. 13)

FOODS FOR MAKING BLOOD AND PREVENTING ANAEMIA

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

"BLOOD banks" are being freely talked about in our hospitals—stores of blood for emergency purposes. One observes in the papers and in hospitals, appeals for volunteers to give blood for hospital or for patriotic purposes. It will be just as well for those who are willing to act as blood donors, to be acquainted with the foods which are richest in those elements that are needed for making up the blood that they have lost. And apart from this, there is enough evidence coming from the medical profession to the effect that there is a considerable proportion of people (women mostly), who have been found to be anaemic. I am told, too, that there is much anaemia among Maori women and in consequence among Maori babies. Anaemia is largely a nutritional disorder which can be prevented by eating the proper foods.

The red cells which give blood its colour are continually being made in the bone marrow, to replace those which have become worn out after their short life of a few weeks. Upon a special call for more of the red cells such as will come when there has been loss of blood, the marrow becomes more active, and, provided that it is supplied with the materials, will regenerate the supply of blood cells quite rapidly. However, the bone marrow needs to be in good health before it will do this. It will need to be furnished with all of the things that the body needs—such as good food containing building-foods like milk, cheese, eggs, meat and with foods containing minerals and vitamins. Deficiencies of each of many different elements are known to be associated with anaemia. Thus the food in general should have a good basis.

To Make Up Deficiencies

But there are materials that are specifically needed for blood cell formation. These are—iron for making the red colouring matter, and another sub-

stance which we call the Anti-Per-nicious-Anaemia Factor. When people give their blood frequently, as some blood donors do, they need to have both of these things supplied in their food in order to make up their blood speedily once more.

Of the iron-containing foods, the first that come on the list in the ordinary daily diet, are the cereal foods, provided that they are "unrefined"—such foods as wholemeal bread and oatmeal have the honour of being our steadiest source of iron-containing foods (provided we give them the honour by including them in our diet). The yolks of eggs and green vegetables (particularly the thin-leaved varieties) are rich in iron. Meat is good, and here we have to draw a distinction between muscle meat and liver and kidney—the former is good but the latter two are excellent. As stated in a previous article, liver is a storehouse for iron. Most of the iron in muscle meat is organically bound and is not as useful as the iron in liver. Potatoes, oranges, apples, and cocoa contribute their share. The amounts present in foodstuffs are really very small, and it is not too easy to make up the quantities when there are conditions in the body adverse to its absorption. Two foods that appear to favour the absorption of iron from the intestine are milk and wheat germs.

Of the foods containing the anti-pernicious anaemic factor, liver stands highest, meat comes next. That is why liver comes out on top as a food for the regeneration of blood—it contains iron in large quantities and the anti-pernicious-anaemia factor as well. But as cereals can be taken every day whereas we would get tired of having liver every day (and we could not all get it owing to limitation of supplies) wholemeal bread and oatmeal rank first in providing us with a constant source of iron. (Next week: "Goitre Prevention," by Dr. H. B. Turbott.)

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