

MORE ABOUT BREAD

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

IN my last article I summarised the three main points in which wholemeal bread is a healthier food than white bread. Now, lest anyone reading this delivers himself of that weighty argument already mentioned, "I never eat wholemeal bread, and I've never been ill in my life," we must say this at the outset—that that is unfortunately no argument at all. Though he is lucky enough to be out of the hospital in spite of dietetic indiscretions, there are those, who, living under the same conditions, have managed to achieve an unwanted stay in a hospital bed. Perhaps if we switch the illustration from bread to iodine, you will get the drift of our meaning better. You are acquainted with the experience that, though all members of a family may live on the same food, one will develop a goitre, while the others do not. This is an illustration of the variability that exists among human beings. We are not all made alike. If the quantity of iodine in the food had been sufficient, it is fairly certain that no one would have developed a goitre. Now, to get back to bread, there are those who can manage to keep well all their lives, even though they take white bread. But there are those who, because they are missing the daily extra quantity of iron present in wholemeal compared with white bread, become anaemic. And there are those who, because they are missing the quantity of roughage and of Vitamin B contributed by wholemeal, are suffering from chronic constipation. And there are those who are below par when they might be full of (non-culinary) ginger! And thus, what

one advises is done with the object of benefiting the people as a whole, not the exceptional pebble on the beach who spoke out of his turn just now!

I have already alluded to the fact that wholemeal bread contains more iron than white bread. The *New Zealand Year Book* that has just been published tells us that the average consumption of bread will contain nearly five milligrams of absorbable iron per day, or from one-third to one-half of the requisite daily amount. The section of the population who are particularly liable to lose by not getting this contribution of iron are the women and children. By far the greatest incidence of anaemia is among women and their offspring. Iron is needed for making the substance that gives blood its red colour. Losses of blood have to be replaced. Women, moreover, give their offspring enough iron to last them for about 6 months after the child is born. In this, the child is something of a robber—robbing its mother of the natural currency of the body—not gold, but iron; for the body regards iron as an extremely important metal—it trades on an iron standard, not on a gold standard.

The recent Year Book tells us that the average consumption of wholemeal per head per annum has gone up from 10½ lbs. to 12 lbs. in the past year. This is encouraging. It will be reflected in so much less anaemia among women. By this time, you are asking whether there is much anaemia here in New Zealand. Going by medical testimony and the evidence of nurses, the answer is yes—

FRENCH LESSONS

(Continued from previous page)

Sous ces arcades se trouvent vingt-huit petites fontaines d'un charme inoubliable.

A. Qui a fait construire toutes ces choses merveilleuses?

B. Louis XIII a fait bâtir le premier château mais c'était très petit. C'est Louis XIV qui a fait naître le château actuel. Il s'appelait, vous savez, le Roi Soleil, et il a voulu laisser des monuments durables de sa puissance et sa gloire.

A. Eh bien, Versailles a été un grand monument. Dès le jour de Louis XIV plusieurs des grands événements de l'histoire du monde y ont eu lieu. Comment appelle-t-on cette grande salle, où l'on a signé tant de traités?

B. Ah! c'est la magnifique Galerie des Glaces. C'est une des salles les plus majestueuses que l'on puisse s'imaginer. Elle est éclairée par dix-sept hautes fenêtres, qui ouvrent sur le parc, sur les Parterres d'Eau et sur l'admirable perspective du Grand Canal. En face des fenêtres, doublant leur lumière, sont les dix-sept fameux "miroirs de glace." Les miroirs sont réunis entre eux par des cuivres ciselés et dorés. Le long de la salle se lèvent toute une foule de colonnes de marbre coloré et de statues de marbre blanc. Le plafond n'est qu'un

grand tableau magnifique. Il a fallu plus de cinq ans pour le peindre. Elle nous conte l'Histoire de Louis XIV de 1661 à 1678. Mais il y a tant de pièces magnifiques qu'il faudrait un livre entier pour les décrire—les pièces et leur ameublement, les tableaux, les sculptures.

A. Mais il reste une question que je voudrais bien vous poser. Qu'est-ce que c'est que le Trianon.

B. Il faut dire plutôt "les" Trianons, parce qu'il y en a deux. Mais pour décrire les Trianons il faudrait encore un autre livre. Louis XIV se fit construire le Grand Trianon à quelque distance du palais de Versailles. Il était destiné à être un pavillon de plaisance; mais si l'on n'avait pas vu le grand château de Versailles, on dirait que le Trianon même était un grand château. Et puis le joli Petit Trianon! Quand on y pense, on pense toujours à Marie Antoinette, parce que c'était sa demeure favorite. La maison même est charmante, mais ce sont les jardins qui enchantent toujours les touristes. On y trouve tout un petit village que la reine fit construire pour s'amuser. C'est très joli, un véritable village des contes de fées.

B. Je vois bien que quand je serai en France je devrai visiter Versailles pour voir toutes ses merveilles.

Chanson: *Le Pot Pourri d'Alain Gerbault* (Voir leçon 6).

plenty among Maori women, and their children, and not a little among pakeha women.

And there is still a great deal to be said for wholemeal bread, so we shall have to extend this subject into a third article.

(Next week: "Still More About Bread," by Dr. Muriel Bell.)

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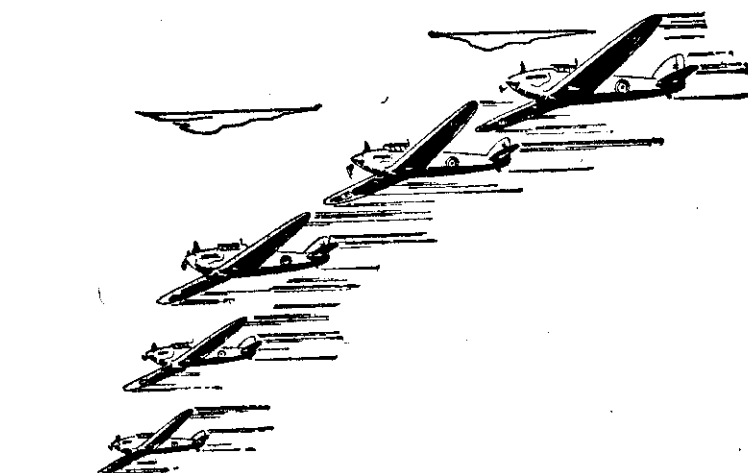
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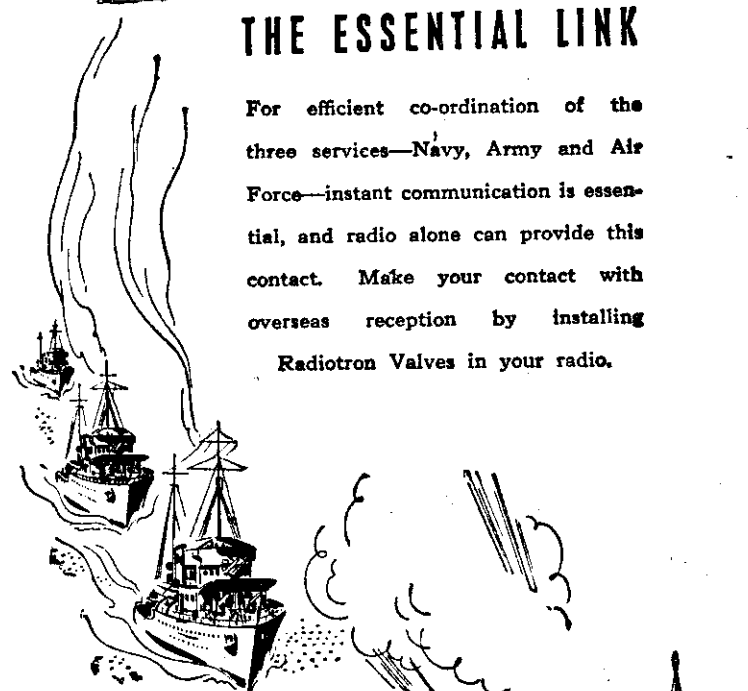
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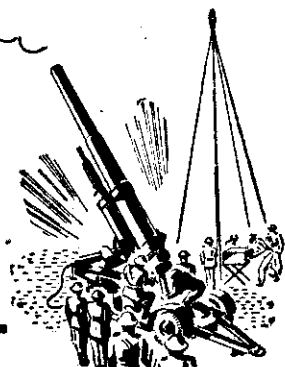
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