

## WHAT ABOUT FISH FOR TEA?

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



ONE recalls the much-quoted beginning of that recipe for hare soup—"first catch your hare!" Catching the fish might be easier for some of us, but harder for most of us. It would have been much easier in the "good old days." The reasons for this might make an interesting story, but that story cannot be told here. So for most of us, it is a case of "first buy your fish." That also is not as easy as it used to be: but when one remembers that a considerable quantity of fish now goes to feed our

armed forces, also that the oil fuel that is nowadays used for the engines of nearly all our fishing vessels is also less easy to buy, and that many of our best fishing grounds are closed against fishing for reasons connected with our naval defences, one must regard that as just one more little trial that has to be endured till the blessings of peace once more return to our world.

### It's Good for the Fish

We can get some satisfaction from the thought that, while many fishermen have to put up with smaller catches, and the fishmonger's stocks are smaller, and the fish course on many tables more often approaches the vanishing point, the fishes themselves in their saline sanctuaries are enjoying a respite which will ensure their survival in bigger numbers, and enable them to breed more numerous generations of young, and so build up bigger and better harvests of the sea for normal times. That

is what happened round the British coasts in 1914-18. When the fishing fleets went back from their mine sweeping and various other naval duties to their normal trawling operations, they caught more and bigger fish than had been encountered for many years.

When foodstuffs are scarce, it behoves us to buy even more judiciously than usual. It would not be wise to drop fish out of our diet altogether just because we cannot get our customary favourite kinds so easily or so cheaply as formerly. The flesh of every kind of fish to be found on New Zealand markets—and of those (like eels), that never find their way to the market—contains nutriment of the highest quality. But here we are at the end of our allotted space with much still to be said about fish, which will thus require to be "continued in our next."

(NEXT WEEK: "The Nutritive Value of Fish," by DR. BELL)

## NURSERIES v. GRANNIES

NOW that married as well as unmarried women in New Zealand are being called upon to register with a view to being drafted into some form of essential industry, the following extract from an article in *News Review* may be of interest:

Women plus nurseries equals higher war production, asserts Mary Sutherland, the British Labour Party's Chief Woman Officer. When Ernest Bevin first called upon women to volunteer for war work he promised faithfully that their children would be looked after. Presumably that meant something more than being fed and safeguarded against getting run over. Yet subsequently the Health Ministry circularised local bodies to the effect that "It is hoped that most of the women concerned will make private arrangements with their friends and relatives for the care of their children," and appealed for 100,000 "grannies" to look after the children.

Mary Sutherland disapproved. She has nothing against grannies, she maintains. They are often the kindest people in the world, but a child's welfare is not always best secured by mere kindness. A woman over sixty, she thinks, is not only unlikely to be acquainted with modern ideas on child management, but is also getting past the age when she can cope from morning to night with squalling tots.

Two courses are recognised by Mary Sutherland. The best is the provision of day nurseries. Failing such a nursery—and there are admittedly difficulties in some areas about fixing one up—there should be a carefully planned scheme, covering all children of women in employment, of registered "minders." Willing women would be asked to give in their names at the local Town Hall; the Maternity and Child Welfare authorities would test their qualifications, look their houses over, and decide whether they would be suitable for taking children. Mothers using the service would pay the authorities, who would pay the minders. And there would be no question of the scheme breaking down for personal reasons.

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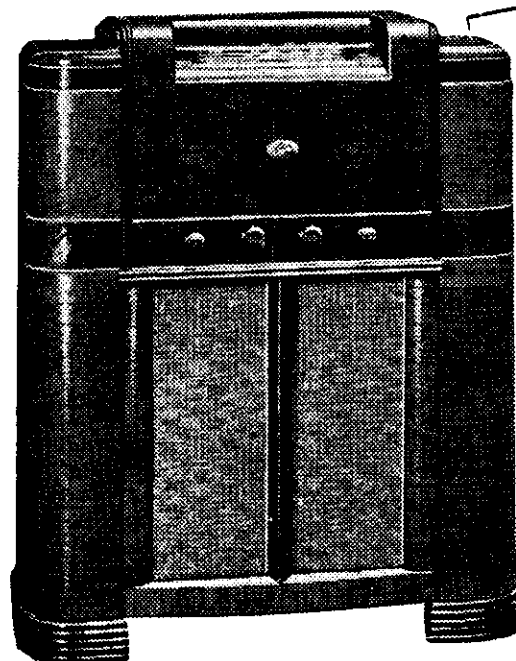
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