

CAVALCADE OF MUSIC IN N.Z.

No. 4: 1891-1900

"The Musical Evening"

People of today would consider life in the nineties as somewhat dull, but New Zealanders then had plenty of entertainment and excitement. The colony was regularly visited by many of the best London and Australian theatrical companies, singers, and musicians, while the "Musical evening" in the home was a common form of entertainment. On such occasions the piano—often a Piano from Begg's—was the centre of attraction, and the household and visitors enjoyed the favourite songs and tunes of the past as well as the "hits" of the moment. In that decade the world first heard "Sweet Marie", "A Bicycle Built for Two", "O Promise Me", "Asleep in the Deep", "Say Au Revoir but Not Goodbye", "After the Ball is Over"—to name but a few that are still known today.

"IT'S A LOVELY DAY TOMORROW!"

That title of a popular song today suggests the thought that is uppermost in the minds of all—the New World of Tomorrow. What will the future bring forth when Victory has been won? Music will occupy a big place in the New World, and a host of new wonders in entertainment, comfort and convenience will be available. Begg's are ready and waiting to serve New Zealand in the future as in the past.

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"Begg's for music and musical instruments" has long been the buying-guide of New Zealand music-lovers.

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Advice on Health (No. 112)

A Yardstick For Nutrition

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

TWO years ago there was a conference called by President Roosevelt to define what was needed in a programme of "National Nutrition for Defence." There were 800 delegates present, representing research workers in nutrition, meeting together with those drawn from industry, commerce and agriculture. The recommendations made by the nutrition experts were adopted by the conference. They defined the food requirements for children of different age groups, and for adults living under varying conditions of activity. They often refer to this as their "yardstick" for good nutrition.

They put it into terms which most people would find difficult to wrestle with—calories, protein, milligrams, micrograms and international units. If anyone wishes to consult their scientific yardstick, he will find it in the Journal of the American Medical Association for 1941. To explain their yardstick inch by inch would take too much space. But they also put it into terms of foodstuffs which anyone can understand. Here is their list:—

Milk: 1 pint for adults, more for children.
Egg: 1 daily, if possible (on days not used, beans, peanuts, cheese or more milk may be used instead).

Meat, fish or fowl: 1 or more servings (1oz. at 1 year up to 3oz. for adults).

Potato: 1 or more.

Vegetables: 2 or more servings. One to be a green vegetable or a yellow vegetable like carrot.

Fruits: 2 or more. One citrus fruit or tomato or other good source of vitamin C.

Butter and fats: 1 to 5 tablespoons (depending on activity).

Cereals and bread: Whole grain to form at least half the intake the quantity depending on the activity.

Other foods as needed to complete the meals.

Also: Cod liver oil, 1 teaspoon per day in the winter months. Iodised salt: in cooking as well as for the table.

Notice the emphasis on milk, vegetables, fruits and whole grain cereals. Altogether the vegetable and fruit section would add up to well over one pound (Dad will have to cease indulging himself in the little hobby of losing money at the races!).

Here in New Zealand we would have to make some adjustments in the list, because we have not enough citrus fruits or tomatoes or tinned tomatoes. To make up for this, we have the ability to produce more green vegetables, which (if there is no serious murder in the saucepan), are our best contributors of vitamin C over the year; and more potatoes, which are also a steady source of this vitamin.

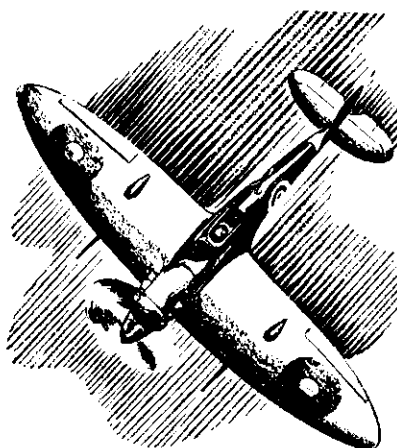
Thus the emphasis has to be placed on vegetable growing here in New Zealand if we are to keep up to this standard. But alas and alack!—yes, alack has been the sad state of affairs. However, there will surely be more front lawns dug up this year; and there may even be town councils that will follow the good example of the Christchurch City Council by using their reserves for vegetable growing. In this way, we may get some distance along the yardstick for good nutrition.

Sharpening the Bulldog's Teeth!

Every day sees the British Bulldog with more power to his bite. Every day sees new planes, new tanks, new ships, new weapons of every description roaring the death knell of aggression. In this inexorable march to Victory, the Rootes Group is playing its part, for the entire Organisation has long been concentrated solely upon the forging of weapons for freedom. But in the days to come, when the World echoes once more to sounds of contentment and construction instead of to cannon fire, pedigree cars and sturdy trucks will issue again from these famous factories.

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