

# "I'M RUNNING A ONE MAN OFFENSIVE"

says JOHN TARRANT  
Foundry Worker

I used to think that long overtime hours and week-ends at the foundry were plenty for a one-man war effort. That was till I got talking with some of the Middle East veterans. Then I came to. Nothing I could ever do would stack up against the least of their hardships. That's when I dug up my National Savings book and started putting in every bob I could scrape together. I'm too old to fight but, by jingo, I'm a one-man offensive on this front!



Ask yourself whether you, too, are honestly doing enough—quite apart from the brain and muscle you're exerting on your war job. Whether you add to your National War Savings Account or not



is your own affair. But it's a fine way of helping your country to finance the purchase of war goods now—and of helping yourself when you need money to spend in the days of peace that lie ahead.

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WS.13.24

Advice on Health (No. 118)

### FIRST THINGS FIRST

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

IN a recent number of the English Listener there is an account of a discussion between an economist and a nutritionist about food. Professor Drummond, Scientific Adviser to the Ministry of Food, says, "We scientists think in terms of certain basic foods essential for health, and these have formed our food plans for the war. Take milk: Sir John Orr has rightly called it the keystone to our nutrition. Next in importance comes, not meat, as so many people think, but vegetables—potatoes, greenstuff and carrots—all of which really are part of our first-line of defence of health." When asked by the economist whether this was merely his own opinion, or an agreed scientific opinion, he replied, "I would challenge anyone to produce a nutrition expert of standing who does not put milk—and with milk, cheese—and vegetables right at the top of the list of essential foods."

#### The Needs of the People

Then they went on to discuss the needs of the people in post-war planning. The economist said that he believed that somebody with a passion for arithmetic had estimated that for the whole world to secure freedom from want, the total agricultural production would have to be doubled, chiefly in dairy products, vegetables, and fruit; and that whatever they did to raise feeding standards on a broad scale, an increase in food production would be required.

Now, New Zealand will have to sit up and take notice of ideas like these. In the past, we have produced much butter for export. Suppose Britain decides that she must consume twice as much milk as she has consumed in the past—and it wasn't as much as even our poor consumption of milk in New Zealand. Possibly she will produce more milk by her own increased agricultural production, but possibly she will want more of our dried milk products. The emphasis will have been made during the war on the constituents which the laboratory worker calls "solids-not-fat;" the people will know that milk powder contains the best part of the milk, and they will be conversant with the fact that even skim milk powder has nearly the whole of the virtues of milk, its short-comings being merely that its caloric value has been halved and its Vitamin A removed. The process of educating the people of Britain about food values has been rendered necessary during the war; but it is unlikely to stop when the war stops. People may have become accustomed to using milk powder in their cooking.

Thus we shall have to keep on the alert to see whether we are called on to supply some of these dried milk products. Much of our economic stability here in New Zealand depends on the things the people in other countries can buy. When visiting mining villages in South Wales in 1930-34, I used to think it would pain New Zealand to see the grocery shops full of margarine instead of butter.

And for the present, don't forget our own needs for milk and vegetable production.

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