

## An Important Food

### Sugar and Its Uses

A GENERATION ago, says an American physician, sugar and sweets of all sorts were absolutely taboo on the training tables of athletes. Now the coaches find that they can build and shape up their men quicker, with less danger of breakdown or staling, on a diet rich in sugar, sweet fruits and ice cream than they ever could on the old rigid unbalanced, almost sugar-free diets.

Sugar is one of the three great pillars of the dietetic temple, meat, sugar-starch and fat, and the greatest of the three. The crimes and delinquencies blamed upon sugar simmer down to the claims that it "makes the teeth ache"; and, if eaten just before a meal, it sometimes destroys the appetite for that meal before sufficient calories have been absorbed. Also, its taste is so attractive that children may devour it in excess.

As a matter of fact, sugar in itself never affects a clean, healthy tooth, though it will sometimes make the nerve of a decayed one jump. Here sugar is responsible for warning the owner of the tooth that it needs skilled attention before it becomes so bad that it has to be extracted.

Both of the other supposed ill-effects of sugar can be avoided by decreeing a forbidden season for sugar and sweets, during which none may be taken, beginning one hour before the next meal. Moreover, if children are given liberal and intelligently balanced amounts of sugar at their meals as desserts and in fruits they will never develop that irresistible, unreasonable craving for sweets.

Growing children, who have less storage than adults, as well as being much more active, really need a small refill in mid-morning and mid-afternoon, so as to carry them comfortably through to the next important meal. A piece of bread and butter with sugar, or, better still, with jam or jelly, will fill the bill, as also will a glass of orangeade, some fresh fruit or an ice-cream cone.

In another and quite different field sugar is also proving most useful. Surgeons find it very valuable in preventing some of the unpleasant after-effects of chloroform and ether. They first tried it as a preventive of severe vomiting after an operation and found that if a sugar-glucose solution was given just before the patient left the operating table, vomiting was almost completely prevented in a large percentage of cases, and the distressing thirst often so bitterly complained of was almost entirely avoided.

Relieve  
throat  
soreness  
quickly  
with

**Pulmonas**  
PASTILLES

Suck them slowly

At all chemists

## Prize Poem Competition

IN this issue we publish the poem entitled "Reproach," by A.N.I.C., unavoidably held over last week owing to pressure on space. Readers will remember that this poem was adjudged equal in merit to "Coal Hulks of Wellington," and we again congratulate this prize-winner on the success attained by her skilful and imaginative work.

A sheaf of verses was received for this week's competition, most of it of good average merit, but none of sufficiently high standard to warrant the award of a prize. We commend the excellent literary form of "Oh, Mack" in "The Dream Pedlar," this lengthy poem, however, being too diffuse for publication.

"Doreen," a new contributor, cultivates her spiritual garden in a gentle ode to friendship.

"Lucibel Lee" is sweet and facile in trilling lines anent a blue and golden world, alive with the singing of "little golden-hearted birds."

"Betty K.'s" song of a Blue Lagoon is not as successful as other work we have seen of this talented contributor. We agree with her remark about the third verse.

"John Storm": Many will admire "The Two Cities" if room is found for it. Its author has a sure and comprehending touch on mind and emotion.

"Cora Pearl": The lady of the lovely name mixes a few jingles and clichés with some nauseating sentiment in one fell bubble of words written in red ink!

"Thunder on the Left," an appropriate nomenclature, chooses for his attempted epic the themes of battle, murder and sudden death. All these, and more, also, in his bustling lines, but, alas! no brush of the flying wing of poesy.

### ...Reproach...

*YOU say that Scottish heather  
Is fragrant after rain,  
And soft spring winds are stirring  
Along an English lane,  
But will you have forgotten  
When the Rata comes again?*

*If I told you that the tree-ferns  
Are green and dewy-wet,  
That the ti-tree is in flower  
And the gorse is golden yet,  
Would your heart beat slightly faster,  
Or do you quite forget?*

*The koninis old and twisted  
Outvie your English may,  
The Rata on the mountain  
Grows more scarlet every day;  
And don't forget you loved it . . .  
Before you went away.*

—A.N.I.C.

## A Splendid Effort

### The Midnight Mission

THE Midnight Mission of Los Angeles is complete in every detail. The enterprise is founded on the highest ideals of co-operative helpfulness and is completely equipped with every detail to care for the wanderers who come to its door. Some 1500 are taken in nightly. Each guest, is first well fed, then facilities for a warm bath are afforded and a clean and comfortable bed provided. During the night the wanderer's shoes (so often

the first to tell the sad story) are repaired and conditioned by a trained cobbler, his clothes are laundered and mended, when necessary. If the visitor has work to go to next morning he is first given a good breakfast and then provided with lunch and car fare.

Hotels contribute their crockery which has become chipped; cafeterias the food they have been unable to dispose of otherwise during the day; bakeries the bread and small goods left over from the day before; biscuit factories broken biscuits and crackers; and private families useful articles of partly-worn clothing.

All this working together makes a complete and harmonious whole, wide in the scope of its activities and blessing many of the homeless, destitute and friendless.

## N.Z. Apples

### A Winning Exhibit

AT that annual pageant of beauty, the Chelsea Flower Show in London, this year for the first time a competition was arranged for Southern Hemisphere apple growers. It is gratifying to learn that the award for dessert apples has been won by Miss V. Stephens, of Stoke, Nelson, who showed five boxes of Jonathans.

Apples from the Dominions were also shown in the British Empire Section. They were awarded marks, but the prizes will not be awarded until the entries have been compared with similar entries of English and Canadian apples to be shown at the Imperial Fruit Show, Leicester, at the end of October.

## English—A World Language

IT is the belief of a Swedish professor that English is the coming world language. As one with traditions, and a literature which is alive and expanding English stands unrivalled. It completely cuts out Esperanto and all other artificial creations, says an overseas literary periodical. It is already the language spoken by the greatest number of people in the world; it is recognised as the language of the sea and of commerce. As the language of diplomacy, it is the equal of French, and the smaller Continental countries invariably choose to teach it, where a second language is obligatory.

The Swedish professor attacks the spelling bugbear by introducing a system he calls "Easy Spelling," chiefly for the benefit of foreigners, who find difficulty in acquiring the language. Its principles are based on old English orthography, largely Elizabethan, when the language was more phonetic than to-day.

## Mary Did Have a Little Lamb

MRS. MARY HUGHES, who inspired the nursery rhyme, "Mary Had a Little Lamb," celebrated her 89th birthday in Wales last month. She was born at Llangollen on May 18, 1841, and received hosts of congratulations from many friends, including children, both at home and abroad.

Mrs. Hughes still relates the story of her pet lamb following her to school so many years ago, when the teacher made her take the animal out. Miss Sarah Buell, of London, who was then staying on the farmstead, was so amused that she wrote the verses, which have been sung ever since the world over. Later Miss Buell visited America, and married the American ethnologist, Horatio Hale. America, therefore, claims authorship of the famous rhyme.