

Eleanor sometime Queen of England wife of King Edward son of King Henry daughter of the King of Spain and Countess of Ponthieu on whose soul God in his pity have mercy." As you stand in this hallowed spot old memories come to meet the present. In the quiet shadowy place you can almost imagine that, in the silence, you hear the quill of the chronicler on his parchment as he writes of the Queen "To our nation she was a loving mother, the column and pillar of the whole realm: therefore, to her glory, the King her husband, caused all those famous trophies to be erected, wherever her noble corse did rest; for he loved her above all earthly creatures. She was a godly, modest and merciful princess: the English nation in her time was not harassed by foreigners, nor the country people by the purveyors of the crown. The sorrow stricken she consoled as became her dignity, and she made them friends that were at discord."

THE PUBLIC HEALTH.

NECESSITY FOR A BALANCED DIET.

Mr. Eric C. Wood, B.Sc., A.R.C.S., A.I.C., speaking at the factory of Virol Ltd., on July 11th, referred to an experiment which had been made to decide whether the ordinary diet of the average child in industrial areas was adequate for normal growth and health, and if not, how to make it so.

The children used for the experiment were all between the ages of two and five years and were provided by the Welfare Centres in the areas concerned. They were divided into four main groups and the whole period of the tests was also divided into four sections, (a) No treatment; (b) Cod Liver Oil; (c) Halibut Liver Oil and Milk; (d) Virol.

"The results of the test show," the speaker said further, "that both cod liver oil and halibut liver oil are definitely inferior as compared with Virol. The reasons for this are not hard to find—cod liver oil is all fat and therefore unbalanced, while halibut liver oil, while apparently being balanced by milk, actually has an excess of Vitamin A. Vitamins are taking too much attention at the present time by reason of their novelty. They are naturally important in any diet, but you can have too many of them.

"A well-balanced diet is the whole essence of health. I cannot stress too strongly its value for children and adults alike, for a balanced diet means that the body's growth is allowed to progress at the rate ordained by Nature. The tests I am telling you about prove that Virol growth equals the ideal to be aimed at.

"One conclusion which may be drawn from the results of the tests is that, especially in summer-time, calories are the all-important factor in a diet, not vitamins.

"It must be realised that vitamins are only the spark which enables the engine to use the fuel. You obviously cannot compensate for lack of fuel by lots of sparks. I admit that we certainly must have vitamins in our foods, but the need is much smaller than usually supposed, and they must be in natural association and accompanied by balanced proportions of all other ingredients."

SOCIAL AMELIORATION.

Forty-six schemes of social amelioration which he will assist with grants ranging from 50 per cent. to 100 per cent. have so far been approved by the Commissioner for the Special Areas of England and Wales, Mr. P. M. Stewart. Thirty-three of the schemes are for improvement of sewerage, and nine for the reclamation of derelict industrial sites. The total cost is estimated at about £800,000.

The Commissioner now announces that he is prepared to consider the giving of assistance towards providing new, or extending existing hospitals, out-patient departments, maternity wards, and child welfare centres. He also offers

assistance in the provision, in approved centres, of open-air swimming baths equipped with filtration and sterilization plant.

DANGER OF CARBON-MONOXIDE POISONING TO 'BUS DRIVERS.

The Scottish T.U.C., in session at Montrose, decided to press for the inclusion in the Workmen's Compensation Act of carbon-monoxide poisoning.

It was stated that in the union's convalescent home by far the greatest number of the patients could trace their illness to carbon-monoxide poisoning.

Mr. Arthur Gee (Transport Workers' Union, Glasgow) said the drivers' cabins in motor buses were so small that many proprietors placed a limit on the height and weight of the drivers. If there were a leakage of gas into these small cabins it only required an hour or so before the driver was suffering.

TEETH AND HEALTH.

DENTISTS DEMAND A NATIONAL DENTAL SERVICE.

Mr. S. D. Venning, of Plymouth, in his presidential address to the British Dental Association at their annual meeting at Plymouth, suggested that dentistry would take a greater part in the health service of the nation than ever before.

The time was approaching, he said, when they would be called upon to provide a national dental service. With that in view there was already a scheme under consideration, with conditions of service on a capitation basis, free from the petty irritations and annoyances which prevail to-day. In the present state of the national finances he could see no immediate prospect of that service being called into existence, but when the opportune moment arrived the profession would be ready to serve the interests of the community.

THE RETURN OF THE REGISTRAR-GENERAL.

Lowest Infant Death Rate.

The Return of the Registrar-General for the first quarter of 1935, which was issued recently, states that of the 146,530 live births in England and Wales during that period, 75,485 were males and 71,045 females, giving a proportion of 1,062 males to 1,000 females. The deaths totalled 132,648, comprising 67,630 males and 65,018 females, a proportion of 1,040 males to 1,000 females.

The live births during the quarter were 2,866 fewer than in the corresponding quarter of 1934, and corresponded to an annual rate of 14.7 per 1,000 of the estimated mid-year population for 1934. The deaths were 18,314 more than in the preceding quarter, but 13,355 fewer than in the corresponding quarter of 1934. The total deaths correspond to an annual rate of 13.3 per 1,000 of the population, or 1.3 per 1,000 below that recorded during the first quarter of 1934.

The mortality of infants under one year of age was equal to 68 per 1,000 registered live births. This rate was 21 per 1,000 below the average of the 10 preceding first quarters and was the lowest recorded in any first quarter.

The natural increase of population by excess of births over deaths was 13,882, as against natural decreases of 1,335 and 21,386 in the corresponding quarters of 1932 and 1933, and a natural increase of 3,393 in the corresponding quarter of 1934.

The number of persons married in the first quarter of 1935 in England and Wales was 102,534, a decrease of 75,310 on the number in the preceding quarter, and 14,888 fewer than that in the corresponding quarter of 1934. The number corresponded to an annual rate of 10.3 per 1,000 of the estimated mid-year population for the year 1934.

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