

## THE SWORD OF ST. GEORGE.

Writing editorially in the December, 1939, issue of this Journal, on the issue of the War, as spoken by our King on the prorogation of Parliament, we remarked:—

"We are privileged to have the issue of war so nobly set before us by our King; the only King, mind you, who has gone forth to War at this crisis for conscience sake. That is a grievous thought, that the Crowned Heads in this world are not apparently alive to the peril to the cause of freedom of German and Russian aggression, resulting in ruthless massacre and rapine.

"We turn from the futility of neutrality and thank God that, with sword in hand, our noble King George VI is out to slay the dragon of despotism, which would crush the soul of man throughout the world."

Later we wrote:—

"We are not surprised to learn that the Crowned Heads in Scandinavian countries are somewhat perturbed . . .

All the Kings of the earth should by now be united in 'God's Chivalry' side by side with our Valiant Knight, King George VI, prepared to fight to the death, with their peoples, for moral integrity."

And yet again:—

"We have written once, and do not hesitate to repeat it, that the Crowns of Scandinavia are growing dim in the shadows of neutrality. Let us hope that when this terrible test of honour for the upkeep of human liberty, and the preservation of the human soul, is victorious, those who have risked life for honour's sake may prove that even in death they chose the lovelier part."

We grieve for Scandinavia, now under the heel of the aggressor. It is well that the sword of St. George is unsheathed in its defence.

### THE NAVY IS HERE.

The British nation has cause for thankfulness that Mr. Winston Churchill is First Lord of the Admiralty at this time. We realise that "The Navy is Here" so long as he has power to direct its policy. We are all of course thrilled to learn of its action in Scandinavian waters, and have no doubt that these neutral countries will be rescued by its valour from invasion and enslavement; but surely the policy of neutrality has been proved to be contrary to what is right in this world struggle against barbarism.

## THE DIETETIC IMPORTANCE OF FATS.

In these days of food rationing a greater attention to the arrangement of meals is called for than ever before; it may be useful therefore to insert a few references to what is one of the most important articles in the daily dietary, namely the fats. These are much more necessary to the maintenance of health and nutrition than the general public, and particularly politicians, appear to realise. A rationing of other fats besides butter appears to be threatened, and such curtailment may readily lead to deterioration in the nation's health, particularly that of children, and to such diseases as rickets, ostemalacia, tuberculosis and the like. The more readily will such results arise in view of the fact that certain fats are rich in vitamins A and D.

The main function of fats is to supply the chief source of energy and heat for the body, although certain derivatives of them do enter into structures of the tissues as well. Fats are very efficient in the production of energy and heat. It takes  $2\frac{1}{2}$  parts of carbohydrate to equal one part of fat in this respect, and much the same result is reached in a comparison with proteins.

Fats are a combine of glycerine and fatty acids; they contain carbon, hydrogen, and traces of oxygen, and are often spoken of as "fuel foods," because just as coal burns and produces heat in the air, so, in the body, does the combustion of the carbon in the fat, in the presence of oxygen

obtained from the air, give rise to bodily heat and activity. If a sufficient amount of fat is not supplied in the diet a person develops a craving for it in the shape of a desire for inordinate amounts of such foods as cheese, yolk of egg, butter, cream and the like, foods which are rich in fats. We have also referred to the diseases that may originate in a shortage of fat. If, on the other hand, too much fat is taken, then it cannot be completely burnt up and acetone and aceto-acetic-acid are produced through incomplete combustion, then the condition known as acidosis arises, with its symptoms of indigestion, headache and loss of appetite.

The digestibility of the different fats varies; cream and butter are, of course, among those most easy to digest and absorb. Hot fat is generally less digestible than cold fat as it may undergo a certain amount of decomposition and thus set free certain fatty acids which give rise to



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