

The second tour was spent largely in Auckland, where an introduction was sought to such groups of people as are particularly interested in nutritional problems—*e.g.*, the Food Value League, the Housewives' Union, the Bakers' Nutritional Committee, and the Auckland Branch of the Home Science Alumnæ. Addresses were given to several of these bodies, and questions answered. Several schools, as well as the training college, were also visited.

HOSPITAL DIETARY DEPARTMENTS.

In all four main centres these have been visited at the request of the Director of Nursing. The particular aspects upon which information was sought were (a) the training of dietitians, and (b) the education of all nurses in the subject of nutrition and food preparation. A conference on the training of dietitians was attended at the end of November, and a further one to finalize arrangements was attended in the middle of March.

To the Grey River Hospital, who were rearranging their hospital menus and wished for supervision of their dietary schedules, some help was given.

DEPARTMENT OF SCIENTIFIC AND INDUSTRIAL RESEARCH.

The Director of the Dominion Laboratory has kindly offered facilities in regard to chemical analyses, methods, and literature.

With the Wheat Research Institute, there has again been reciprocation. Their new process for germ bread has now been publicized. A report on the nutritional qualities of this new loaf was submitted by Miss Wilson.

Other researches on bread are in progress. At present Miss Wilson is testing out the B₁ value of bread made from 80-per-cent.-extraction flour. According to the memorandum issued by the British Assessor Food Factors Committee last year, the vitamin content of high-extraction flour is trebled, compared with the white flour of 70 per cent. extraction; the colour is apparently little changed.

In addition, bread that has been made with baking-powder is being investigated for its B₁ content, for the same memorandum has stated that alkaline baking-powder destroys the B₁, and the Accessory Food Factors Committee has recommended that the use of baking-powders for making bread or cakes and biscuits should be discouraged.

It is hoped that a programme for the improvement of white bread will be put into effect, as 90 per cent. of the people persist in using white bread. This will not cause neglect of a simultaneous programme for encouraging the use of whole cereals.

For various reasons it is hoped to minimize the necessity for adding synthetic vitamin B₁, if other means can be found to improve the nutritional quality of bread in respect of this element.

The recommendations regarding improvement of bread will depend to some extent on the results of researches as to B₁ status of the population. To this end, an experiment is being conducted in a school in Dunedin to see whether evidence can be adduced that children are receiving sub-optimal amounts of B₁. Other experiments one has in mind depend on the use of a means of determining B₁ by chemical means. For this reason, it has been decided to suggest that this form the subject of a thesis of one of the candidates for the Master of Home Science degree.

Advice was sought by the W.R.I. on whether to release a new process for making a starch-reduced bread for diabetics. The dietitians in the various main hospitals were consulted, and their replies were definitely against the use of special breads for diabetics. In this and other matters there is value in having a liaison between the W.R.I. and the hospitals, for there are problems relating to breads for asthma cases, &c., with which the W.R.I. has been exceedingly helpful.

Further work contemplated in connection with bread involves checking up wholemeal and allegedly wholemeal breads, and other breads, for which special claims are made.

It is hoped, by appealing to the bakers on the one hand and to the public on the other hand, to restore confidence in the wholemeal loaf, a confidence which has been largely lost by reason of addition of caramelized sugar to colour the loaf and of second-rate technical skill, which results in a loaf of poor texture.

These and other problems relating to bread are at the forefront of our programme for research work and publicity.

SCHOOLS AND HOSTELS.

A few appeals from schools and hostels have been received to help them with their dietaries and with their cafeteria problems. It is hoped that, given time, menus for schools and cafeterias will be issued.

PUBLICITY.

The important problem of ensuring a wide dissemination of information regarding proper nutrition was considered. A series of broadcast talks were prepared, scripts for school educational broadcast sessions supplied, lectures delivered, and articles published in press and journals. A nutrition exhibit was arranged at the Medical School, Otago University, for popular education and teaching of medical students. It is hoped also to assist by offering to arrange nutrition exhibits or to show films to students at one of the training colleges. Progress was made in the designing of posters and preparation of diet lists and suitable literature. The subject of the expansion of the teaching of health subjects in training colleges and schools was discussed by Dr. Turbott and myself with officers of the Education Department.