

salads, and it is a wise plan. Brain, liver and sweetbread all contain some "B," and so does milk, but not in very large amounts. Unfortunately the majority of these foods are not those that appeal to children, but at all events milk is a sheet anchor with them.

Egg yolk is valuable and also yeast, which is a fundamental part of "marmite." Germinated pulses are of great value, and most people have heard of the wonderful benefit that accrued to our soldiers in Mesopotamia who were suffering very badly from the want of fresh foods from the bright idea of the man, who, instead of issuing a ration of dried peas caused them to sprout first. It is easily done by keeping them moist in a sieve and cooking when the little rootlets are about three-quarters of an inch long.

The third of our series "C" is "anti-scorbutic water-soluble 'C'." It was the want of this that caused the scurvy among the old navigators. I saw lots of cases of it in the Balkans during the war, and it was only then I realised what a serious disease it could be. Apart from the intense and wearing pains, especially in the legs, the haemorrhages into muscles were so big that they seriously injured the muscle fibres and the resulting cicatricial tissue so impaired the muscle that many men became permanently disabled. The Italian army knew wisdom when it issued a ration of lemons or oranges, and when we could barter other goods for these we considered we were lucky, for lemon and orange juice are worth their weight in gold to the sufferer from scurvy. A curious case of scurvy in a Plunket fed baby came to my notice here: the very conscientious mother took enormous pains over the preparation of the food and the child appeared to be gaining weight and was passed by the nurse as healthy when it developed an acute bronchitis and I was summoned. To my surprise, I found the child suffering from scurvy, and it was with some difficulty I discovered that in her wish to be accurate the mother was sterilising the orange juice as well as

the milk, thereby destroying the very vitamins for which the orange juice is given.

The want of fresh food told on us all very seriously in winter in the Balkans during the war—few of us escaped without boils and many, in spite of a healthy, open-air life became anaemic and flabby, a sort of mild "war oedema." The first leaves to appear in early spring were the grape leaves, and I fear many a peasant thought we were cruelly punishing his vines, when we insisted upon having them. We boiled them like spinach, and undoubtedly they made a great change for the better in both the patients and staff of the hospital.

Another interesting occurrence during the war took place among the prisoners in Russia. A batch of English prisoners could not make up their minds to take the horrible cabbage soup dealt out to them, so they avoided it altogether; they became the victims of scurvy and other troubles, while their fellow-prisoners maintained quite a fair standard of health. It proves to us that probably valuable food factors get into the water that vegetables are boiled in: let us copy the French, who never throw away vegetable water but make their soup stock with it.

It almost seems as if we must "catch sunbeams" and put them inside ourselves. Milk that comes from stall-fed cows is not as good an anti-scorbutic as milk from the cow fed in the open. Think of this deprivation in the children of Great Britain in winter; we hardly possess stall-fed cows in New Zealand. The sources of our "anti-scorbutic 'C'" then are juices of fruit, fresh vegetables, carrot and tomato juice are specially potent; sun-dried fruits, e.g., raisins and dates, these latter are also valuable for the iron they contain. An Eastern adage is, "Eat raisins and discard the rouge pot"; but unfortunately the raisins must not be heated to the extent necessary to cook a pudding or cake—it is the "sun drying" that preserves them with very little destruction of their food value.