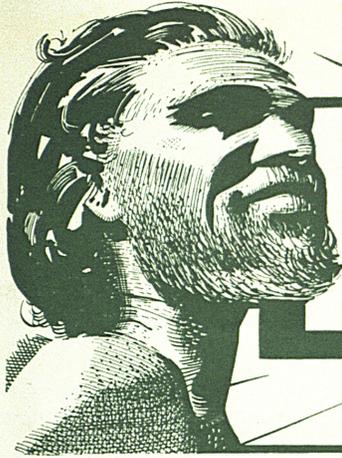
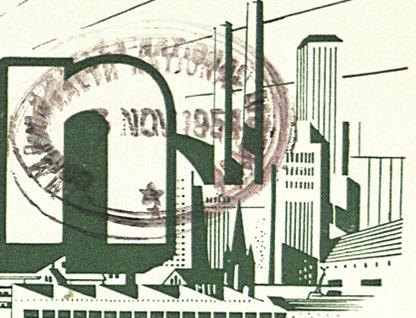


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Vol. No. 3  
Ser. No. 1



# Dawn

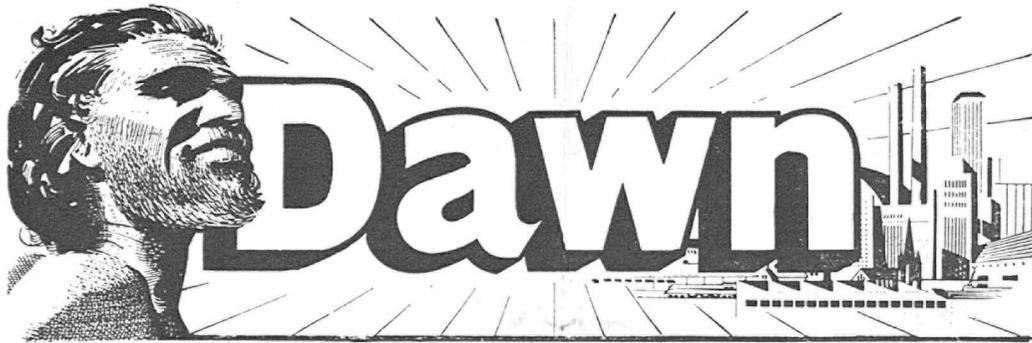


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A MAGAZINE FOR THE ABORIGINAL PEOPLE OF N.S.W.

October, 1954

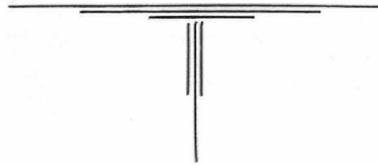




## OUR COVER

Our Cover girl this month is Ngarla Kunoth, star of the film "JEDDA."

Ngarla has proved herself a very talented actress as well as a charming young Australian woman and there is no doubt she will bring a great deal of very favourable publicity to the aboriginal people of this country.



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# Extensive Tour

by

# Superintendent

## Many Parts of State Visited

My Dear Friends,

I have recently completed an extensive and interesting tour of the far western parts of the State, accompanied by the Welfare Officer from Leeton, Mr. Lambeth.

After visiting Murrin Bridge Station, at Lake Cargelligo, we journeyed to Hillston and met the few aboriginal people living there.

We then called at Ivanhoe and saw a number of families, who are living in close proximity to the town.

We were pleased to see the cleanliness of their homes and surroundings, and to learn of the interest of Constable Baker, of Ivanhoe, in their welfare.

From Ivanhoe, we went to Wilcannia and visited the homes on the Reserve and also those on the river bank.

While a number of residents on the Reserve have maintained their homes in excellent conditions, others have not displayed the same interest and care.

It is very disappointing to see nice new homes with an air of neglect about them, and I hope, on my next trip, to see a decided improvement. Work is plentiful in this district at present, and the people should be in a position to maintain and improve the homes which have been provided for them.

The run down the Darling River to Menindee was completed in good time and a visit paid to the old Reserve. All the buildings have been demolished, and there is little now, to indicate that there was once a populous village on the site. There are now only two aboriginal families living near Menindee and both are to be congratulated on the neatness and cleanliness of their homes.

Whilst conversing with old residents, of this once flourishing town on the Darling, I was interested to learn of the very useful part played by aborigines in the pioneer days of our State, both in work on Station properties and on the river barges, known then as "mud turtles".

The next place visited was Broken Hill, where I lived for two years, 1934 and 1935. Here I saw Claude Morris, whose home is in Tibooburra. He is attending the Broken Hill High School, and expects to sit for his Intermediate examination at the end of this year. He, hopes to gain entry to the Royal Australian Air Force and is interested in radio. Let's hope he has every success in his examinations.

There are a number of aboriginal families living at Silverton, a few miles out of Broken Hill. They have come from South Australia, and like many others in these outback places, know little of Sydney, or the work of the Aborigines Welfare Board. I was able to assure them that any time they need assistance or advice, it would be forthcoming.

We left Broken Hill early after breakfast, one morning, to travel to Tibooburra. It is over 20 years since I was last there and I was pleased to find the road much improved since those days when it was only a sandy track through the scrub. We were able to complete the 216 mile journey in about 5 hours.

Some recent rains had made the country look good, and emus and kangaroos were numerous, although we didn't see any rabbits at all.

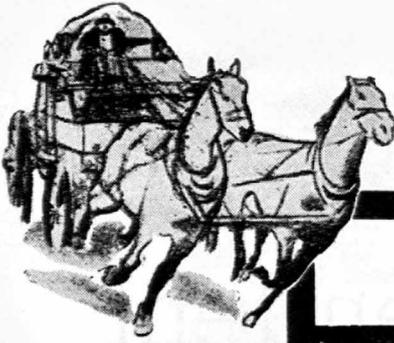
There is quite a settlement of aboriginal people in Tibooburra, although not as many as there were some years ago.

The children were all having a great time, enjoying their school holidays, but, I felt their parents would be glad when they were back at school again.

Here, once again, I found a very sympathetic policeman in the person of Constable Jorgensen, who does all he can to help. He is anxious that some children from Tibooburra, attend the next Summer Camp in Sydney and we will certainly keep this in mind. King William, an elderly full-blood, is the patriarch of the district, and we were honoured to meet this gentlemanly old fellow. I think the goat population of Tibooburra must outnumber the humans by at least two to one.

We spent an interesting evening in the office of the Police Station, which is linked by radio with the Flying Doctor base at Broken Hill.

*(continued on page 2)*



## Along the Mail Route

Pupils of the Cabbage Tree Island School took part in the P.S.A.A.A. athletic carnival held at Woodburn recently. Unfortunately, the bus-load of children did not reach Woodburn in time for them to participate in the procession, much to the disappointment of the children and spectators alike. Outstanding performers were Barry Marlowe and Priscilla Anderson who shared the Champion Athlete's Trophy, which was presented to them by Mr. Ian Robinson, M.L.A. In the point score competition, the Cabbage Tree Islanders scored 145 points to finish second to Woodburn school. Much interest was displayed by spectators in the schools mixed relay event for the coveted Teachers' Trophy, and in a thrilling finish, Woodburn crossed the line inches in front of C.T.I., whose team consisted of Merle Bolt, Bob Moran, Priscilla Anderson and Barry Marlowe.

In a few weeks, a number of Cabbage Tree Island pupils will go to Lismore to participate in the zone finals, after which a team will be chosen to represent the Far North Coast at the State Championships in Sydney. C.T.I. is looking forward confidently to having representation.

As part of Education Week Celebrations, an Open Day was held at Cabbage Tree Island school, and a large number of parents attended.

In his address, the Headmaster, Mr. L. A. Harris, outlined modern trends in Education and stressed the need for much greater co-operation between the home and the school, if children were to gain the maximum benefit from the educational opportunities which are available to them. He said he hoped to see increasing numbers of pupils of the school proceeding to a course of secondary study at Ballina High School. Mr. Harris announced that the Department of Education has recently authorised the construction of a new school on Cabbage Tree Island.

The Area Welfare Officer, Mr. Morgan, who was present, complimented the teachers on the work of the school. He urged parents to take more interest in the education of their children.

The parents showed a very keen interest in the children's work which was exhibited, particularly the needlework which was outstanding. During the afternoon, the pupils gave tuneful renditions of songs they had been taught with the aid of the radio, and parents watched enthusiastically and moved amongst the children, as the teachers demonstrated modern methods of teaching art and physical education.

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### EXTENSIVE TOUR BY SUPERINTENDENT—*continued from page 1*

On the return journey, when we were about 100 miles from Broken Hill, we ran into a typical Western dust storm, and for many miles could see very little beyond the bonnet of the car. This continued all day, but, fortunately, a slight rain storm settled the dust that night.

Returning along the Darling, we visited Pooncarie and Wentworth, and called at Swan Hill, on the Murray River. Here the Native Children's Recreation Centre is still progressing, and a start has been made to improve the dwellings.

The beautiful flower and vegetable gardens are a credit to the people.

At Balranald, we were able to go into the question of an improved water supply to the Reserve, and repairs and additions to the cottages. It is hoped that this work will be put in hand at an early date.

In Moama, a start has been made on the removal of some of the cottages from Cumeragunga, and before many weeks are past, several families should be able to

move into houses in town. These are well situated and I am sure that those fortunate enough to secure one, will be happy and comfortable in their enjoyment of the township's amenities.

We returned to Leeton via Deniliquin, Finley and Jerilderie and completed a journey of about 2,000 miles without mishap. The wide open spaces are a welcome change from the narrow confines of city streets, and the trip was almost as good as a holiday.

I hope soon to visit other parts of the State.

Superintendent,  
Aborigines Welfare Board.

# BARCROFT BOAKE, THE POET

## *An Almost Forgotten Figure*

by Michael Sawtell

Well-known Author and Traveller and Member of the Aborigines Welfare Board.

Henry Barcroft Boake is now an almost forgotten Australian figure, but fifty years ago he was a well-known bush poet and was recited in all the bush camps out back.

Boake was born at Balmain in 1866. After he left school he tried to fit himself to become a field surveyor, but was unsuited and eventually drifted away into the far west, droving.

Whilst he was outback, Boake began writing bush poems for the *Sydney Bulletin*, which was at that time, the most popular bush magazine . . . a magazine which also helped many Australian writers.

Moody in disposition, he tired of the country and came back to Sydney, where he drifted about somewhat aimlessly until he finally committed suicide at Long Bay in 1892.

Boake's poems were collected and published in a book entitled "Here the Dead Men Lie," by that well-known journalist and authority on Australian literature, the late A. G. Stephens

My interest in Boake is in a poem called "Vision Out West," in which I suggest, that Boake with the true prevision of a poet, saw and prophesied the modern town of Alice Springs. It is the function of a true poet to see and to proclaim things and truths . . . things that the ordinary man cannot apprehend or see. The ancient Greeks called the poets the makers, the moulders, and the builders. The great poets are the men who proclaim the truths that make civilisation.

How much, for instance, do we owe to Shakespeare. Another well-known example of a true poet is Alfred Tennyson when he wrote in "Locksley Hall:"

"For I dipped into the future, far as human eye could see.

Saw the Vision of the world, and all wonder that would be,"

In his poem "A Vision Out West," it is true that Boake does not mention the name of Alice Springs, but I think that, with the mystical sight of a true poet, he must have seen the present day Alice Springs. At the time that Boake wrote that poem, he had no knowledge of a tiny Central Australian bush town of about twelve people.

Yet, in his poem, he sees a far western town grow up out of the very ancient seas, that we know once covered our vast and silent Inland. He traces the evolution of the Inland and tells how finally, a town like Alice Springs came into being with every modern luxury and comfort. He also saw the work of modern science,

making rain and building irrigation works, for Boake wrote:

"So from encircling fields doth spring this city where  
in emerald sheen,  
Man hath taught Nature how to bring a mantle of  
perennial green."

And also:

Filling from mighty reservoirs sunk in the hollows  
of the plain.

That flood the fields without a pause though Summer  
should withhold her rain.

Labours but an empty name to those who dwell  
within this land.

For they have boldly learnt to tame the lightning's  
flash with iron hand."

The final words of the poem are:

"Swiftly before the sunrise gleam, I watch it melting  
in the morn,

The snowy city of my dreams, the home of nations  
yet unborn."

How true are those last words, for everybody will admit that Alice Springs has a great future, assisted by people from many different nations of New Australians!

In my lifetime alone, I have seen Alice Springs grow from twenty-nine white people to 3,000 in unthought of ways. How impossible the modern Alice Springs would have been considered fifty years ago! But there it is, an Centralian town with every possible advantage.

Alice Springs is an enchanted land, 2,000 feet above the sea level, with a perfect winter climate, with a summer no hotter than Sydney and not so humid, and is fast becoming a tourist and health resort. The town has on an average 200 days of the year without a cloud in the sky, and such colours in the background on the McDonnell ranges, that when you see them in Albert Namatjira's pictures, you may think that they are exaggerated.

Anything at all will grown at Alice Springs, and . . . for instance, the 500 cases of grapes every year for Port Darwin.

During the war, the town of Alice Springs grew enough fruit and vegetables to feed 10,000 troops and civilians, and irrigated a lucerne patch that fattened 500 pigs. The war and the building of the North-South bitumen road made this unusual town.

Go west of Alice Springs and you see the mighty Hartiman ranges, the Petermann ranges, and the Musgrave ranges.

Boake was a true poet, for he saw all this sixty years ago.

Let us remember him!

# OUR ROVING CAMERAMAN



THE aboriginal people in this State are scattered over a wide area, so far apart that many of them may never meet, but the magic camera can bring to us intimate glimpses of these people and enable us to become better acquainted with each other.

If you have photos at home, similar to those you see published in *Dawn*, send them along and thus add to, and maintain, the interest in your fellow men and women.



The cameraman found Amy Wemberg of "Hillview", Wallendbeen, just about to take her small charge, Elizabeth Scott, for a walk



Popularly known as the "Rats", the Caroono B team has played excellent allround football this season



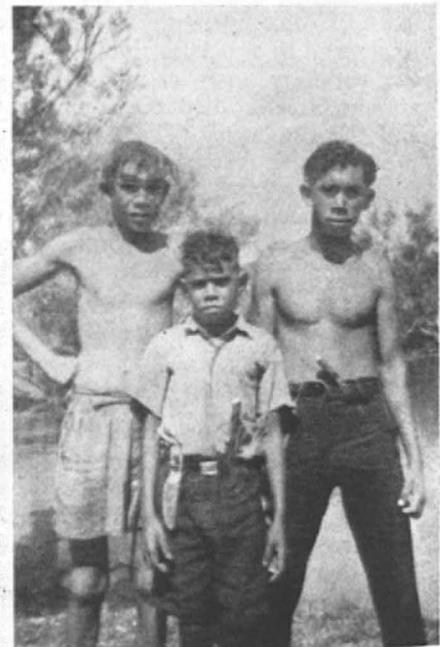
Out for a stroll. Little Marie Kirby, of Murrin Bridge



Amos Kelly, his dog Snowy, and Dan Kelly, all of Menindee



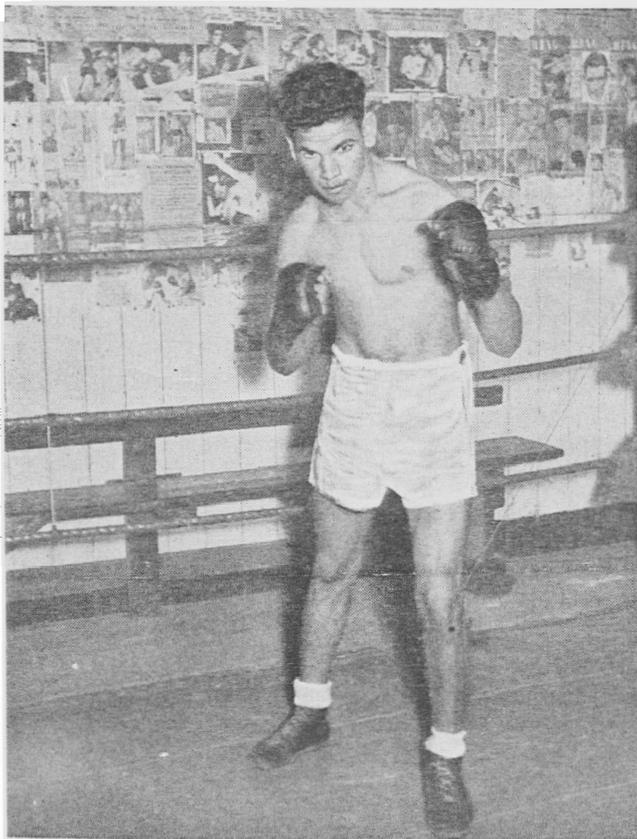
Now the Summer is here again this will be a common sight. Young Garry Murphy, of Walgett, has just been in the Barwon for a swim. Perhaps the knife was just in case he met a big Murray Cod



Three more Walgett swimmers, also armed to the teeth. This time we have Rex Morgan, Jeff Morgan and Les Dixon. That Barwon must certainly get overcrowded



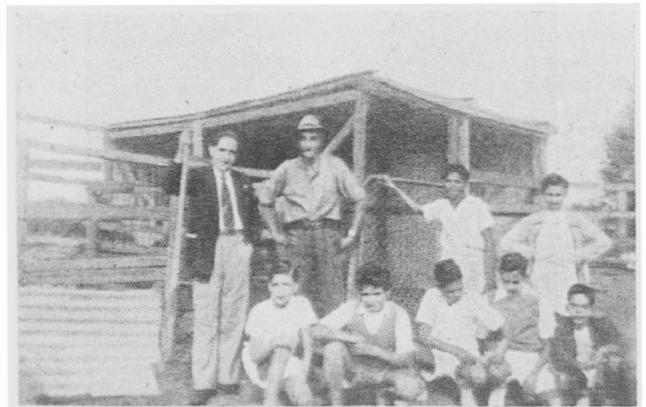
The cameraman had to go a long way to get this photo, thousands of miles away to New Guinea, as a matter of fact. And as you see, he found the Editor of *Dawn* surrounded by a group of young Papuan friends



Hector Dungay, regarded by the Port Macquarie Sports Committee as a potential champion. He is trained by Vic Lee, of Port Macquarie



Some of Cabbage Tree Island school children who participated in the recent inter-school sports



A calf shed erected by handiman Frank Marlowe, of Cabbage Tree Island, and the lads of the school woodwork class

# SURGEON WHO SAVED COUNTLESS LIVES

## ... JOSEPH LISTER



Lister's everlasting monument is today's surgical cleanliness in hospitals all over the world.

*He was ignored, then attacked and finally ridiculed. But he won his fight against filth and primitive methods of most mid-19th century hospitals*

Occasionally some one would press for an improvement in conditions, but he always met with great opposition. The Sisters of St. John, a religious body working as nurses, nearly went on strike when it was suggested they change dressing on the Sabbath.

One doctor had the temerity to say, "There should be a positive order that sheets be changed in ordinary cases at least once a month without waiting for special requests."

One man changed all this and paved the way for the immaculate cleanliness and order of today's hospitals. He was Joseph Lister, born in London in 1827, the son of a prosperous wine merchant.

The family were Quakers and to their religion no doubt, Lister owed his simple, placid nature, which enabled him in later life, in his fight against filth, to face scorn, rancour and ridicule with calmness and tolerance.

He decided to become a surgeon and after obtaining his B.A. degree, he went first to the University College Hospital in London for training, and later to Edinburgh to study there under James Syme, recognised as one of the greatest surgeons and teachers of his day.

Syme soon became aware of Lister's outstanding ability, and it was not long before he had him recommended for promotion to House Surgeon.

About that time Lister wrote to his father, "I must not expect to be a Liston or a Syme, still I shall get on. Certain it is, that I love surgery more and more . . ."

After a further promotion to Assistant Surgeon to the Royal Infirmary, he established himself in practice in Rutland St. and married Syme's eldest daughter, Agnes. The practice did not flourish and his wife spoke of "poor Joseph and his one patient."

His lack of success as a general practitioner did not worry Lister, nor did he waste time. He concentrated on his research into inflammation and the coagulation of the blood.

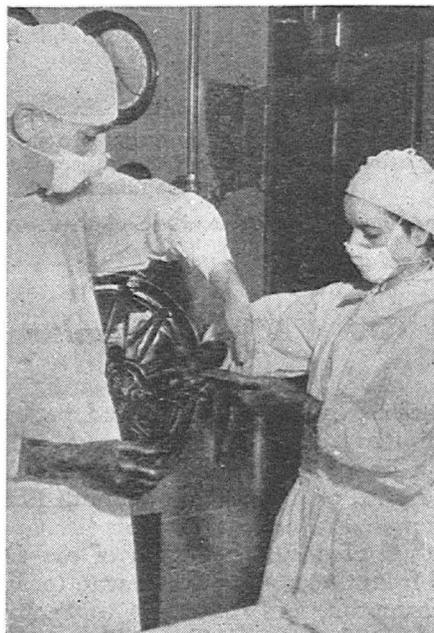
Mrs. Lister acted as his secretary, writing to his dictation for many hours on end, and as his laboratory assistant, helping with his experiments.

Lister's first real chance came when he was appointed to the Chair of Surgery at Glasgow in 1860.

The next operation was an amputation. The patient had a compound fracture of the leg, and since there was no way of saving the limb, no one objected except, perhaps, the patient himself. The surgeon looked about the dingy, semi-circular room which served as a theatre and up towards the tiers of seats, on which sat the students.

Near him stood his colleagues, dressed like himself in old frock coats, blood-stained and encrusted with dried pus, showing they all had many operations to their credit.

He himself, being the operating surgeon, wore a grocer's apron and threaded in the buttonhole of his coat were a few silk ligatures, ready for use. Beneath the table was a box of sawdust, which could be moved by surgeon's foot to any spot, where the blood flowed most freely.



Preparing the sterilizing equipment for a major operation.

Casually, he looked at his hands and noticed the few blood-stains from the previous operation. He looked toward the small sink in the corner and thought there was little need to wash, since his hands would soon be dirty again.

An amputation took little more than a minute, sometimes less, a necessity in those days before anaesthetics, when every second prolonged the patient's agony and torment.

Four burly warders carried the patient, who screamed with pain as one of his bearers stumbled. A doctor turned to one of his colleagues and said, "The fellow might scream now. Soon he will have some excuse to do so, God help him!"

The four warders held him down on the table and he watched the doctors spread out their instruments. The patient groaned, his mind became a dark well of despair in a world of torment in which he writhed, deserted by man and God alike. Frantically he called out, "For God's sake, make haste! Make haste!"

Some days later he died.

As the operation began, he started to scream and yet his senses were preternaturally acute. He was aware of the twisting of the tourniquet, the first incision, the fingering of the bone, the sponge pressed on the bleeding stump, the tying of the blood vessels, the stitching of the skin, and finally the bloody dismembered limb lying on the floor.

In a short while the stump had begun to fester, but this had been considered a natural process of healing and the attendants who collected the pus in little zinc trays, already half-filled from the wounds of other patients, had nodded encouragingly. They had called the pus "laudable."

All this happened less than 100 years ago, and then such deaths were common. James Young Simpson, the doctor who later introduced chloroform had stated:

"A man laid on the operating table of one of our surgical hospitals is exposed to more chances of death than the soldier on the fields of Waterloo."

The hospitals were unhealthy places. For example, the Glasgow Royal Infirmary had been built on the site of an old burial ground, crammed with the coffins of victims of a cholera epidemic. Septicaemia, pyaemia, and erysipelas were rife and there was even one disease they called hospital gangrene.

The mortality rate after operations was about 50 per cent.

The wards of the hospital, "some of the most unhealthy in the kingdom," reeked with "surgical stink," and, in the face of much opposition and ridicule, Lister insisted on a greater observation of cleanliness and efficiency.

The results were encouraging to him, but not enough to influence opinion in his favour. The death rate fell from 50 to 43 per cent., and he was now confident that greater success could be achieved.

He observed that wherever the "laudable pus" was present, the results were unfavourable and he was sure infection was caused, not by the gases in the air, but by something carried in those gases.

When his attention was drawn to Pasteur's work on fermentation, he realised that he had found the solution. Putrefaction, suppuration, and fermentation were all the same thing; all were caused by microscopic organisms in the air.

The next problem was to find a suitable method of killing these heralds of death. Pasteur had used heat to sterilise his material, but this method was useless in the treatment of wounds.

About that time, in Carlisle, a sewage plant had been deodorised with carbolic acid prepared by a Manchester chemist called Calvert, and Lister selected this chemical for his experiments.

At first he used it in its crude state, arresting the formation of pus, but inflicting painful carbolic burns. He experimented with various dilutions and finally found that a one in 40 lotion would answer the purpose.

Later still, he modified his views and used a yellow gauze, impregnated with this carbolic acid lotion.

He designed a special spray machine, worked by hand at first, and later by a donkey-engine, by which carbolic acid could be sprayed in the operating-room to purify the atmosphere.

He ordered that the surgeons' hands and all instruments and dressings be disinfected with carbolic. In a report of his work in the medical journal, *The Lancet*, in 1867, he revealed that of 11 cases of compound fracture treated, nine had recovered, one had died, and one had lost his leg.

The following year, before a medical society, he read his memorable paper, "On the Antiseptic System of Treatment of Surgery." This time he met with little opposition and the reign of cleanliness had begun.

Soon he had disciples all over the world, students came from far and near to hear his lectures and his methods were used in most of the leading hospitals.

As was natural, improvements were made, both by Lister and other workers. First, the carbolic spray was discarded: all instruments were boiled and towels and dressings sterilised with steam.

Surgeons' rubber gloves were introduced and the turn of the century saw the invention of gauze masks. By then the death rate after operations had begun to fall below even the 15 per cent. Lister had achieved with his antiseptic treatment.

In 1869, Lister succeeded Syme in the Chair of Surgery at Edinburgh. During the next eight years he travelled the world, giving lectures, yet found time to invent several surgical instruments, two of which, sinus forcep and probe-pointed scissors, are still used.



Lord Lister

He also introduced a drainage tube to drain discharge from wounds. The first case he used it on was an abscess he had lanced. The patient was Queen Victoria.

Frequently, in his lectures and writings, he acknowledged his great debt to Pasteur and he was one of the

speakers invited to the great and enthusiastic gathering in Paris to mark Pasteur's 70th birthday.

In his speech, Pasteur said, "Science and peace must triumph over ignorance and war, that nations will unite not to destroy but to instruct one another, and that the future will belong to those who have done most for suffering humanity.

"I refer to you, my dear Lister . . ." Then Pasteur and Lister embraced each other amid shouts of "Vive Pasteur."

Lister was the first surgeon to become a peer and was one of the original members of the Order of Merit. When he died in 1912, at 85, the Royal College of Surgeons published this obituary notice:

"His gentle nature, imperturbable temper, resolute will, indifference to ridicule, and tolerance of hostile

[continued on next column →



These youngsters from Tabulam have proved themselves very talented dancers and the square dance is always very popular.

*An Appreciation —*

**"DAWN" is popular**

Dear Sir,

I am directed by the members and patients of this Association, to extend our sincere thanks and appreciation for your wonderful journal of enlightenment on the aboriginal problem of New South Wales, which has been supplied to us over the past twelve months.

Our method of chain circulation of the *Dawn* takes the journal from Cheerbourg Settlement, to Woorabinda near Rockhampton, and thence on to Fantome Island which is about forty miles from Townsville. Other copies of *Dawn* go to Nambour, Palm Island, Cairns, Cape York Settlement at Jacky Jacky, and Thursday Island, so you can see with the co-operation of our members, which to-date has been very successful, the *Dawn* travels far and wide in Queensland.

We desire to extend our fraternal greetings to the coloured peoples of New South Wales, and trust that the day will come when white Australians will try to fully understand the social problems of the true Australian, the aboriginal, who has proved to the world that his ability is most outstanding.

Again thanking you on behalf of our members,

Yours faithfully,  
E. H. HINTON,  
Hon. Secretary.

Relatives and Friends Association  
(Hansens Disease), Toowong,  
Brisbane.

criticism combined to make him one of the noblest of men. His work will last for all time; humanity will bless him evermore and his fame will be immortal".

His monument is the surgical cleanliness in every hospital in the world and there is not one of us who has not cause to thank him.

# NOW YOU KNOW!

**NIMAI CHAND**, pleading aid from the RAJAH OF MALLBHUM, INDIA, WAS TOLD HE COULD HAVE AS HIS PROPERTY ALL THE LAND SHADED BY AN UMBRELLA. NIMAI RODE A DONKEY FOR 3 HOURS - HOLDING THE UMBRELLA ABOVE HIM - AND CLAIMED AN AREA OF LAND MEASURING 20 SQUARE MILES!

AFTER 300 YEARS NIMAI'S DESCENDANTS STILL OWN THE LAND!

A NYLON STOCKING IS WOVEN FROM A SINGLE THREAD ONE AND A QUARTER MILES LONG!

**KINA** IS A LITTLE DACHSHUND DOG OF PRETORIA WHO CAN COUNT, ADD AND SUBTRACT. SHE ANSWERS ALL SUMS PUT TO HER WITH THE CORRECT NUMBER OF BARKS. KINA IS ONLY 2 YEARS OLD!

BY PUTTING OUR HANDS AND FINGERS IN CERTAIN POSITIONS AND HOLDING THEM WHERE THE SUN CASTS THEIR SHADOW ON TO A WALL, WE CAN MAKE A VARIETY OF SHADOWS REPRESENTING PEOPLE & ANIMALS

PRACTICE THE ONE SHOWN HERE THEN TRY SOME OF YOUR OWN

A MONUMENT TO A PLUCKED ROOSTER IN SEVILLE, SPAIN, SYMBOLISES THE SPANISH PROVERB, A COCK MAY CROW EVEN THOUGH IT HAS NO FEATHERS!

$3 + 3$   
 $4 + 2$   
 $5 - 2$   
 $- 3$   
 $4 - 2$

## ANNUAL SUMMER CAMP FOR FAR WEST CHILDREN

### Committee Raise Funds

The Summer Camp for the Far West children has now become a regular institution. The Board has given its approval to the holding of another Camp early in the new year. The Camp is to be held at La Perouse on the same site as last year, where the seventy-odd children who attended had such a wonderful time. The Managers of the Far West Stations, and the Police at other centres in the west, and the Welfare Officers, have all been informed of the project and have all information available for those who wish to attend.

It is anticipated that, as usual, the number of applications to attend the Camp will be large, and it may be necessary to make a selection or to set a quota for each centre. If this is necessary, preference will be given to those children who have not previously attended the Camp.

Children will be transported free of charge and Camp equipment will be provided, but they will be required to bring certain items of clothing and extras, of which they will be advised. Parents will contribute £3 for each child attending, but inability on the part of parents to do this will not disentitle the child to consideration, but preference will be given to those children whose parents have agreed to pay.

It is expected that, in some centres, Committees will be formed to raise funds where necessary, so that children whose parents would not otherwise have been able to contribute, may attend the Camp.



# The Story of "JEDDA"



"Jedda", an Australian film produced and directed by Charles Chauvel and released by Columbia, was made principally in the Northern Territory and filmed in Gevacolor.

It tells the story of an aborigine girl raised as a station owner's foster daughter and starts when his wife loses her own baby and is given an orphaned piccaninny to look after for a few days. She becomes attached to the baby and sinks her own personal tragedy in the task of rearing the baby, whom she calls Jedda, into a lovely, young girl.

At 17, Jedda has grown to mature girlhood and is ready for romance with a young, half-caste head stockman, when the arrival of a wild aborigine at the station brings a sense of tragedy.

Jedda had long been aware of the call of her blood, had felt herself being drawn more and more towards her own people and away from the foster parents she loved. She could not understand the reason for this yearning, but its presence disturbed her.

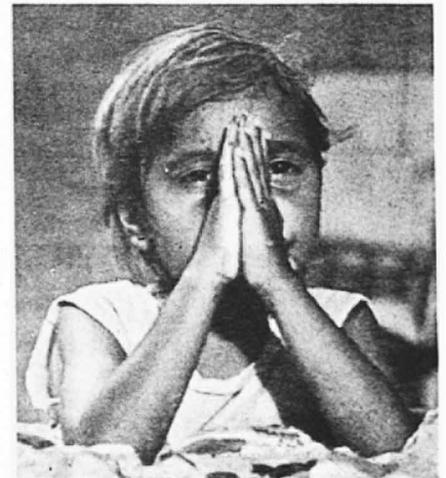
The new arrival, who seems to embody all the glamour and pride of her race, both fascinates and repels Jedda. He kidnaps her and takes her across scores of miles of rugged country to his own land. Jedda's reaction to her new situation brings the film to a climax that makes "Jedda" our finest film yet and one in which the aboriginal people of Australia will have a personal interest.



Sarah McMann (Betty Suttor) has just lost her child. In her most sorrowful hour, an orphaned piccaninny is brought to her. Unable to contain her tears, she sobs her heartbreak out on the table.



But the baby creeps into her heart and Sarah decides to try and give it the upbringing she would have given her own child. She calls the girl Jedda (Margaret Dingle), teaches her to read and write, to say her prayers and even wear shoes—this latter very much under protest!



But Jedda always wants to play with the other piccaninnies and her antics amuse Douglas McMann (George Simpson-Lyttle) and little Joe (Billy Farrer), who has a strong, protective affection for Jedda.



The children grow up. Joe (now played by Paul Reynell) is a good-looking head stockman and Jemma (Ngarla Kunoth) a lovely, spirited girl. The McManns would like to see them married and Joe is all for it.



But Jemma is troubled by something she cannot understand. Sarah has been almost fanatical in her attempt to wipe out all aborigine influence, yet Jemma wants to learn more about the ways of her people. At night the corroboree music keeps her awake and troubles her thoughts.



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 ← Her mental confusion receives a severe jolt when a wild black joins the station natives returning home from walkabout. Called Marbuck (Robert Tudawali), he is a good hunter. McMann hires him and as soon as Marbuck sees Jemma he wants her.  
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Jemma is fascinated, yet she tries to resist Marbuck. Soon all the station lubras are talking about how Marbuck puts himself in Jemma's way all the time. Marbuck one night sings Jemma to him and she is unable to resist his sorcery. She comes to his campfire.



Marbuck smiles in triumph and Jemma immediately snaps out of her trance—it is too late. Marbuck seizes her and runs away. Joe sets out after him, but the wild man from Arnhem Land has a good start. He kills a snake and convinces Jemma (who has lived all her life on civilised food) to eat it with him. She is sick.



A crocodile attacks their camp, and Marbuck has to dive into a billabong and kill it. In the fight he is wounded. Jemma begins to run away, but returns to care for the wounded man.



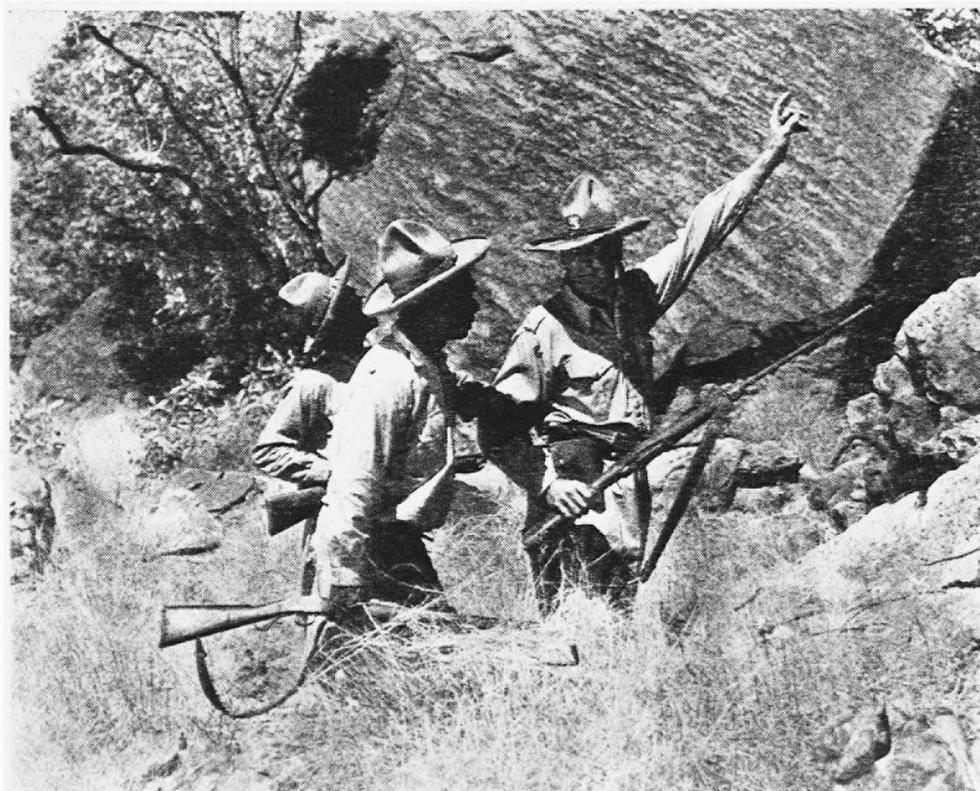
Marbuck recovers, grabs Jemma's hand and drags her further into grim, forbidding territory. Later they cross different country and approach the boundaries of Marbuck's own people. Police have also taken up Marbuck's trail; he is an escaped murderer from Darwin jail.



Marbuck's people live by the banks of the Katherine River and as Marbuck poles Jemma upstream on a paper-bark raft, scenes such as this greet them, but events are about to take a sharply dramatic twist.



Marbuck's tribe does not want him! He has violated a most sacred rule in bringing a "wrong skin" girl to the tribe. For this he must die and the old men promise to sing him to death that night.



Above: The old men have sung Marbuck's death and, crazed with fear, he decided to kill Jemma to save himself. Joe is hot on his trail, and also the police.

Right: A now insane Marbuck drags a horrified Jemma to the edge of a great chasm and shouts maniacal defiance as the cordon closes in!



# Travelling Round Our World

## People and their Foods

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- The author of this interesting article, Mrs. Owen Moorhouse, of Nowra, is a qualified dietitian who has displayed much interest in aborigine welfare, and in the furtherance of the assimilation policy.

Further articles from Mrs. Moorhouse will appear in later issues of *Dawn*.

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In this series of short articles I shall tell you of some interesting places and customs I saw on a journey from Sydney through the Barrier Reef and islands north of Australia, Ceylon, India, through Suez Canal to Europe.

The first interesting incident on the voyage after leaving Sydney occurred on reaching Thursday Island, at the northern tip of Cape York. Here the pilot, who had guided our ship safely through the Barrier Reef, leaves it with mail, but his departure from our ship was quite exciting as the sea was very rough. Out from the island came a small cabin launch, manned by four native islanders, who proved themselves excellent seamen in bringing a small craft alongside a rolling passenger liner and taking the pilot off as he clung to a ladder swaying over the ship's side, — a feat in itself — but then a dozen or so heavy mail bags were also passed across as the little boat bobbed, rolled and pitched in the heavy swell. The native islanders ran barefooted over the slippery decks, skilfully completing their task while their poor passenger, the pilot, threw his arms round the mast and remained there hugging it for his life, not daring to move.

Some days later we reached Djakarta, the capital of Indonesia on the island of Java. Ashore in Djakarta one travels around the city in a trishaw, which is a push

bike pedalled by a native Indonesian, to which is attached a side car for the passenger, and it is decorated with coloured feathers. You can imagine how hard it is for the rider of a trishaw to push around perhaps two passengers, especially as these people live mainly on rice, which although it gives him plenty of energy for this work, does not build strong muscles or a healthy body to ward off disease. For this they should eat what we call body-building foods—PROTEINS—such foods are meat, cheese, fish, poultry, eggs and milk.

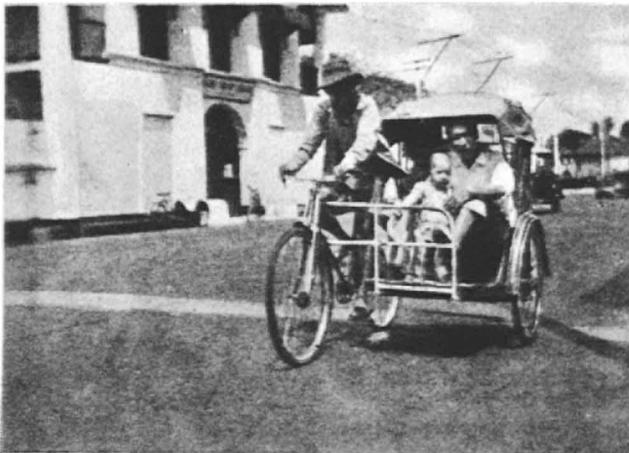
Because the natives do not eat the right kinds of foods, many have nasty sores and blemishes on their bodies unprotected from the thousands of flies which swarm in that hot, humid city. Flies touch the sores and thus spread the disease to other natives. Flies, we know, are the worst carriers of disease and must be kept away from all sores, cuts, our faces, food, and our cooking and eating utensils. If these people realised this, much sickness would be prevented.

Water canals run through the streets, and the water is used for drinking, washing and sanitation all at the same time, and with two million people living in the city it is hard to imagine more unhealthy conditions.

Altogether with no fresh, clean water, hundreds of flies spreading disease and very poor food, is it any wonder so many hundreds of natives are seen in the streets, sick and ridden with disease? All the natives are small in stature and very thin.

Our bodies need starchy foods which give us energy like rice, bread, cereals, but we could not live continuously on these foods as the Indonesian natives and remain healthy—we need a lot of other foods. We all need, firstly, the body-building foods, PROTEINS, I mentioned, which supply material for the growth and repair of body tissue, for the building of new muscles, nerves, glands and skin, for keeping the body in repair which helps us grow tall, strong and healthy. For this our bodies need EVERY DAY—

- (1) One or more servings of MEAT, FISH, CHEESE or POULTRY; and
- (2) One EGG (or at least 3 or 4 a week).  
(1 daily for young children).



A Ride through Singapore in a modern Rickshaw

The next exciting event on board ship was crossing the Equator—the centre of the earth—where one crosses from the Southern to the Northern Hemisphere. Anyone crossing for the first time is a victim of “Crossing the line ceremony,” an initiation ceremony performed by King Neptune’s Court, who are members of the crew, one dressed as “King Neptune,” King of the Seas—the others as members of his court—policemen, etc. The poor unfortunates,—and I was one—are grabbed by the members of the Court and dragged before King Neptune who demands they be thrown into the ship’s swimming pool fully clothed as their initiation. I also had to eat a very salty cake and had flour and bad lemons rubbed into my hair as part of my “punishment,” and was then flung into the pool amidst the laughter of the more fortunate ones.

So on to Colombo, capital of Ceylon. The first place a stranger visits here is the “Pittah,” a native bazaar where one can buy beautifully coloured silks and cottons, jewellery (Ceylon is noted for its great variety of precious stones), ivory and ebony carved goods and many other lovely things. One sees native snake charmers, too, who with music played on a small whistle-like instrument can charm the deadly cobra which they keep in a small basket. One snake charmer attempted to coil the cobra harmlessly around my neck. I understandably declined. In the bazaar, too, one finds the “Gilli-gilli” or magician—who does all kinds of tricks—like producing chickens out of people’s ears. The natives bring their goods to market in a “bandi,” a straw-covered waggon drawn by a water buffalo.



**An Indian snake charmer soothes the deadly cobra**

One rides round the city in a rickshaw which is just like a small buggy drawn by a native. The natives are healthier and stronger than those of Indonesia, for although they eat the same starchy foods like rice which gives them their energy, they also eat a little fish and meat, which help them grow in stature and strength. The meat is eaten mostly in the form of very highly seasoned curry, which burns the mouths of those who are not used to it. It certainly burnt mine—I thought my mouth had caught on fire.

They also eat quite a lot of fresh fruits, which are also so important to our bodies. Their main value is in the minerals and vitamins they contain. **VITAMINS**



**A native of Ceylon plodding slowly along his way to market**

are substances found in very small amounts in foods—there are various kinds and they are all essential for normal growth and health. Some help us build up resistance to disease; some help the eyesight; some help us build healthy nerves; others enable us to digest our food; some strengthen our blood vessels, and others again gives us vitality.

From this you can see how many kinds of food our bodies need, as each kind has a special job to do. The fruits which our bodies need **EVERY DAY** are two servings—

- (1) One serve of citrus fruit, i.e., orange, tomato, pineapple, paw paw, grapefruit.  
(Citrus fruit has a most important vitamin.)
- (2) One serve of any other fruit.

Our next port was Bombay; built on a series of islands; said to be the richest and most enterprising city of India—the “Gateway to the East.” The Indians in their oriental costumes in many colours, with a variety of brightly coloured turbans which tell the race and province of the wearer—the women with their brightly coloured garments (silk and cotton saris) draped gracefully around them and with silver anklets, bracelets and necklaces, some carrying their children on their backs in a cocoon-shaped basket—all present a gay, if colourful, picture. The exclusively Indian portion is cleaner and better kept than most other Indian cities. The lower parts of the houses are generally used for shops and the different trades are confined to separate neighbourhoods. So one sees silk merchants, dealers in cotton goods, jewellers, workers in copper and brass, dealers in precious stones, all in their own separate clusters.

But Bombay is a very crowded city and there are many thousands of poorer undernourished natives wandering the streets. They live mainly on energy foods as they will not kill any animal at all. They believe all animals are sacred or holy and will not even touch them. So one sees cows just wandering around the streets, into the shops, knocking down food stalls and counters, but no one will stop them, let alone kill them for food, although there are so many thin, starving and sick natives. A lot of them have rickets, which we know is a disease in which the bones do not calcify

(harden) as they grow; they become pliable, distorted and malformed. The minerals **CALCIUM** and **PHOSPHORUS** give our bones strength and rigidity and also help us build good teeth. By far the best source of these minerals which our bodies must have is **MILK**. Another source is **LEAFY GREEN VEGETABLES**, and as the natives have very little of either, particularly of milk, it is not surprising so many of them have this disease. But calcium and phosphorus, the bone and teeth-building materials cannot be used by the body without a special vitamin which our bodies can make if we get sufficient sunlight—**VITAMIN D**; butter or margarine and egg yolk are one of the few foods which have this vitamin, but the best source is sunlight.

So three important substances are necessary to prevent rickets and build good bones and teeth—

- |                 |   |
|-----------------|---|
| (1) Calcium.    | } From <b>MILK</b> and <b>GREEN LEAFY VEGETABLES</b> like spinach, cabbage, peas. |
| (2) Phosphorus. |   |
| (3) Vitamin D.  | From sunlight and butter and egg yolk.  |

To obtain the required amount of essential nutrients for our bodies we should drink **EVERY DAY** at least—

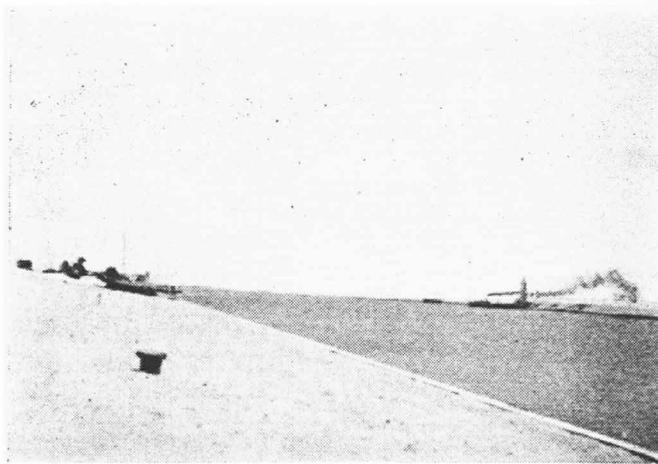
- $\frac{3}{4}$  pint milk—for adults.
- 1  $\frac{1}{2}$  pints milk—for children.
- 1  $\frac{1}{2}$  pints milk—for nursing and expectant mothers.

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Next port of call—Aden—a British colony at the entrance to the Red Sea; third hottest place in the world (Marble Bar in Australia is the second), a dry, barren outpost completely without vegetation, peoples of every Eastern country can be found here. The Arabs and Indians use the camel to pull their produce to market in a small wooden cart. It is the custom of the natives to sit and have a cup of coffee with each other before any sale or bargain is completed.

Six miles outside the town in the desert are the Queen of Sheba tanks, built thousands of years ago by that Queen we read of in the Bible. These are huge tanks cut into solid rock and hold millions of gallons of water. In a dry season they may be empty, but when it rains, which does not happen often, they are filled in a matter of hours. So Aden is fortunate in having a good supply of fresh clean water, thanks to the foresight of the Queen of Sheba so many hundreds of years ago.

Travelling on through the Red Sea we passed the mountains of Maohab in Egypt, mentioned in the Bible. It is where Moses led the Children of Israel through the waters which were parted, allowing them to cross to Israel on the other side, and when they were safely across the pursuing Egyptian army was engulfed.



**Ships passing through the famous Suez Canal on the way to Port Said**

Ships pass from the Red Sea to the Mediterranean by way of the Suez Canal, designed by a Frenchman, Ferdinand de Lesseps, and opened in 1869. It is approximately 100 miles long and only 200 feet wide and ships have to move in convoys in one direction only, meeting at the Bitter Lakes which are in the centre of the canal.

At Port Said, at the northern entrance of the Suez, natives paddle out to meet the ships in their little rowing boats full of their wares; leather goods are the main products. If one wishes to buy something the native will throw a rope up to you on the deck with a basket attached, in which he puts the chosen article. One then pulls the basket up and then in turn sends the money back down in the basket.

I haven't mentioned I travelled on an Italian ship and had quite a lot of difficulty with the food which is cooked and prepared so differently from ours. Their food is so highly flavoured and so rich I'm afraid my poor stomach couldn't take it at times. They use **FATS**—olive oil and lard a great deal in various ways in their cooking and even pour oil over fresh salad vegetables and such before serving.

**FATS** are a very rich source of energy and some act as carriers of essential vitamins. Fats are of two kinds, roughly designated as one—

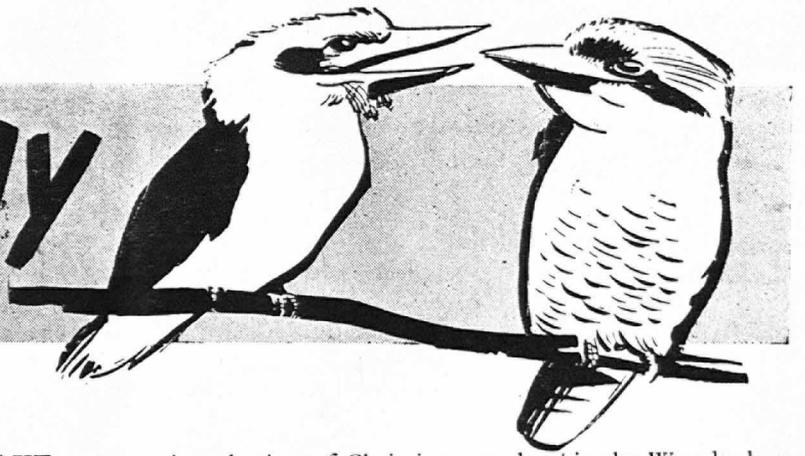
- (1) **VISIBLE FAT** —i.e., butter, oil, margarine, cooking fats.
- (2) **INVISIBLE FAT** —i.e., the fat in meat, milk, eggs, cheese.

Fats, too, are slow to digest and hence give a feeling of satisfaction after the meal. Fat can be stored in our bodies to be used for energy when we need it.

So we need a certain amount of fat to give bulk to our diet, but our needs are covered in the quantity of meat, eggs or cheese, milk and the butter or margarine we ordinarily eat every day, and there is no need to eat fats in such excess as do the Italians.

It is necessary, however, in order to cover the need of some essential vitamins, that we should have four teaspoons of butter or margarine every day spread on our bread or such like.

# THEY SAY



## NEWS ITEMS FROM WALLAGA LAKE

Archbishop O'Brien, of Canberra and Goulburn, recently paid a visit to Wallaga Lake, and after Mass he met several of the residents of the Station.

He was very impressed with the fine homes the people were given to live in and the beautiful scenery around them.

Joan and Arthur Andy felt very proud parents when they recently had their son Arthur Jr. christened at Wallaga Lake, and young Arthur never cried at all when he was immersed in icy cold water.

Isadore Pickalla, of Wallaga Lake, recently presented her husband Desmond with a lovely baby girl, whom they have called Gloria.

Mr. Cowburn, Area Director of Education, paid a visit to Wallaga Lake School, and expressed the opinion that the Station had a very fine school.

Mr. Herbert Groves recently visited Wallaga Lake and met all the residents of the Station. He told the people that they were very fortunate to have such lovely surroundings and that they should take a pride in their new homes provided by the Aborigines Welfare Board. He also visited the school and spoke to the children.

The recent death of Mrs. Florence Thomas cast a shadow of gloom over everyone, for she was very popular on Wallaga Lake Aboriginal Station.

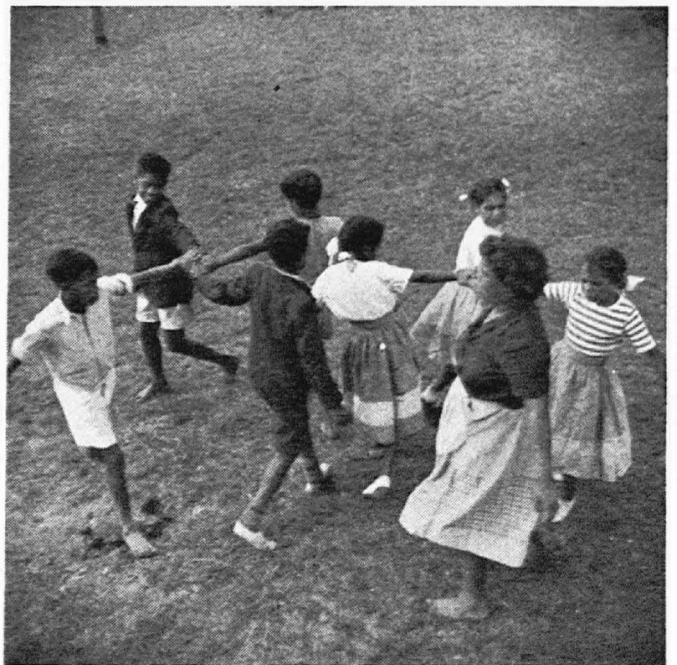
The recently formed Woodenbong Progress Association is anxious that residents take an active part in the renovation and improvement of their Station. Mr. Vesper has suggested that teams of workers should come forward without delay to start work on the Station roads.

A number of Tipperary flutes and Recorders were very kindly presented to the Station by Naylor and Co., of Sydney. It is hoped to form a flute band if a teacher can be found.

A gathering of Christians was held in the Woodenbong Social Hall recently. Visitors from Cubawee including Pastor Frank Roberts and Brother Dick Piety joined with the Station residents, headed by Brothers Frank Bundock and Arthur Russell in making the gathering a very enjoyable event

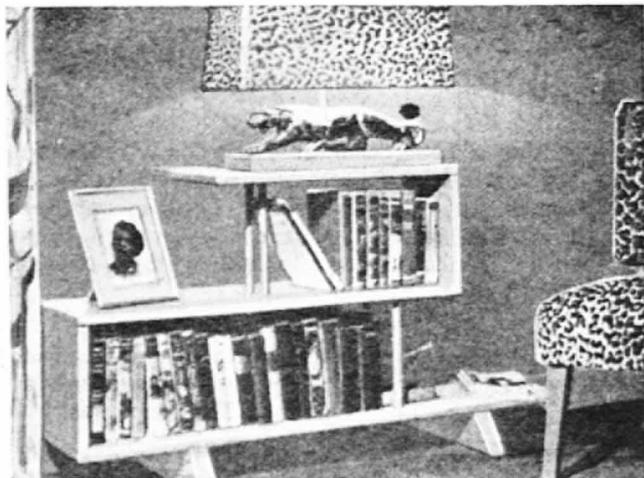
Miss Harwood and co-workers from the Queensland University recently gave a party to the Woodenbong Matron's Tonette Club Members. The party was well attended.

Margaret Kay, c/o. Mrs. Brabazon, Quambetock Station, Nelia, North Queensland, is very anxious to get in touch with her brother, Percy. Margaret will be pleased if anybody who knows Percy's whereabouts would get in touch with her.



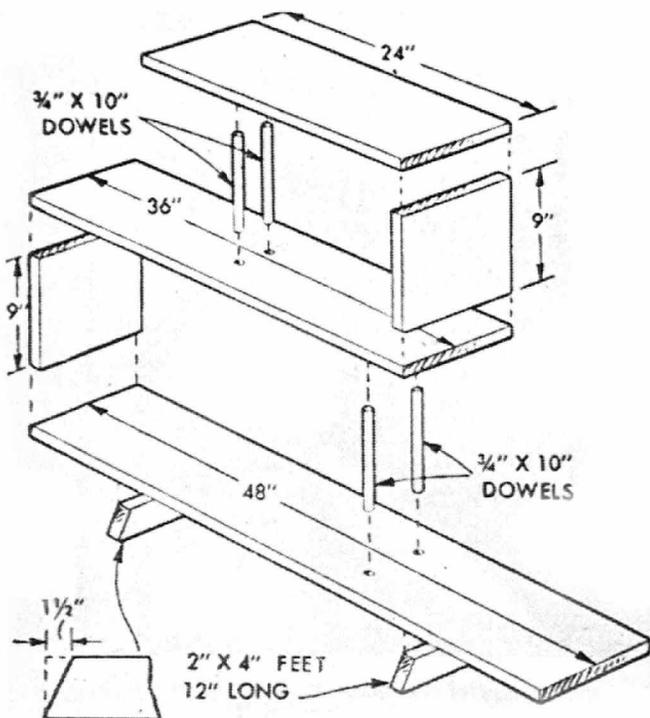
Another group of Tabulam children give a display of dancing for school visitors.

# HELP YOURSELF

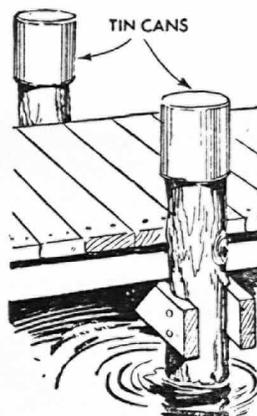


**Modern Bookcase**

Truly modern, this attractive bookcase can be cut and assembled in one evening and finished the next. The shelves and end panels are of 1 x 10 while the feet are sections of 2 x 4. Open ends of the shelves are supported by pairs of  $\frac{3}{4}$  x 10-in. dowels which are located about 18 in. from the ends and set in  $\frac{1}{2}$ -in.-deep holes drilled in the shelf stock. Sand carefully before assembly, glue and clamp. When the glue has dried, finish sand and apply shellac or enamel.



## Cans Protect Exposed Dock Piling and Serve as Channel Markers



The end grain of wooden piling used for dock structures and channel markers is constantly exposed to the elements, causing the wood to rot. Tin cans afford excellent protection against this rotting. The cans must be large enough to fit over the ends of the piling, though a tight

fit isn't necessary, and should be painted inside and out with a good marine paint before being put into use. Some resort owners use painted cans to identify the channels leading to their particular cottages, while others achieve a novel effect by having cans of many different colours on their docks.

## Handy Hint for Painting House Windows

Window mask for painting sash is had by using a short length of metal Venetian-blind slat to protect the glass. The slat is flexible and its curved cross section allows the edge to be held tightly against the window pane, thus preventing the paint from seeping under the edge of the mask and smearing the glass.



# HOME



# HINTS

To keep birds from eating grapes, place a length of black garden hose in the vines. The length of hose, which looks like a snake, will frighten away the birds.

To remove burrs from a dog's hair, work gun oil into the tangle with your fingers and the burrs can be removed easily.

Rugs that curl up around the edges may be stiffened with hot starch. Brush the starch on the wrong side of the rug and press the rug with a hot iron.

When painting a house in summer, follow the shade around the building. Direct rays of hot sun may blister fresh paint.

It is dangerous to pick up small pieces of broken glass or china with your fingers. To be certain that every splinter is picked up, wipe the floor with a ball of cotton dampened slightly with water.

## Waterproofing Shoes

Shoes can be waterproofed with a mixture consisting of mutton fat, 1 part, and beeswax, 2 parts. Apply this mixture in the evening and again in the morning. Then wipe the shoes with a piece of flannel cloth before wearing them.

## Garments Protected from Dust While Hanging in Closet

Paper bags in which garments are returned from the dry cleaner can be put to good use as dust protectors for garments hanging in a closet. Slit open one side of the bag with a knife to simplify placing it over the garment and, when it is in place, fasten the side with paper clips.

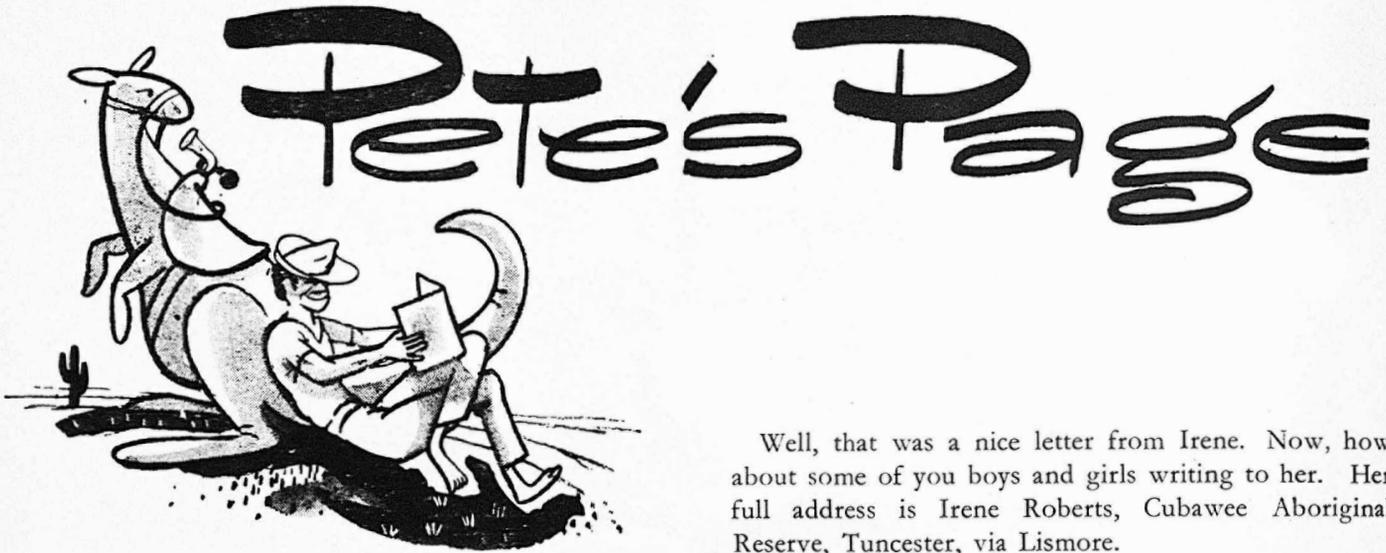
## Detachable Shopping Basket for Baby Carriage

By fitting the baby carriage with a detachable basket under the handle, a home handyman made it possible for his wife to take the baby along when shopping and to carry bundles home without stacking them in the carriage. Two storm-window hangers were screwed to the frame of the carriage and the slotted ends bent so they extended upward within easy reach. To attach the basket, the ends of straps inserted through the wicker sides are passed through the hanger loops and buckled. If desired, the basket may be fitted with a leather or cloth handle so that it may be carried easily into the store or house without difficulty.

## Hollow Concrete Blocks Form Strawberry Wall

Concrete blocks, of the hollow type, laid on edge on a concrete footing, form walls of this unique strawberry bed. One hole in each block is plugged with concrete and a strawberry plant is set in the other.

The plants are set after each course, or layer, of blocks is laid. For example, after laying a course of blocks, fill the enclosure to the level of the holes with a rich mixture of loam, compost and well-rotted manure. Then push the plants into the holes from the inside until the leaves are exposed to the sun on the outside of the wall. Care must be taken to soak and tamp each layer of soil to avoid loose soil settling away from the roots, thus causing them to dry out and die. Tie rods are used to prevent the two long walls from bulging outward. After the top course is completed, a water pipe with  $\frac{1}{8}$ -inch holes drilled 3 inches apart is installed lengthwise across the top as indicated. The flow for water should be directed straight down and regulated by a conveniently located valve. A roof, completely covering the top, will prevent excessive moisture during heavy rains. The structure should be positioned so the two long walls will benefit from the morning and afternoon sun, and should be located so it is not shaded at any time. By clipping the runners, most of the original plants can be made to bear fruit for several seasons.



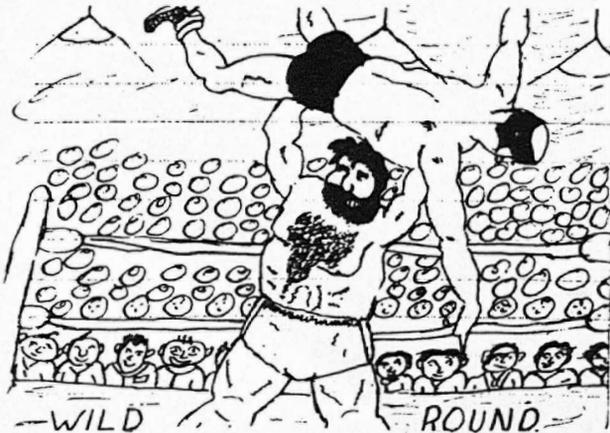
Hello, Kids,

And how are all my young friends from all over New South Wales. I am very pleased to be able to tell you that I am getting a lot more letters and drawings. What's the idea! Keep it up, because I still want lots more.

One interesting letter (which wins a prize, too), was from Irene Roberts, of Tuncester, via Lismore.

Irene said, "I am sending you a drawing of my mother, hoping it may win a prize. I am 13 years of age and I attend Lismore High School. I would like some pen-friends, boys or girls. Can you find some for me? I would also like you and the Cameraman to make a trip to Cubawee. You have never been here, but you have been to Woodenbong and Tabulam and other stations. So, if you can come to Cubawee, you will be very welcome.

I borrow *Dawn* from some friends and read it every month."



"Wild Round" is an appropriate title for this fine black and white sketch by Larry Kelly, of Bowraville

Well, that was a nice letter from Irene. Now, how about some of you boys and girls writing to her. Her full address is Irene Roberts, Cubawee Aboriginal Reserve, Tuncester, via Lismore.

Another very nice letter (so very nicely written), came from Dawn Sines, of Bellwood Public School.

Dawn sent me some photographs of the school, its gardens and the children and you will soon see these in our magazine.

Here are a couple of letters I have received from some of my young friends.

Writing from Bowraville, Carol Donovan (13) said: "I am writing to tell you how much I am enjoying my holidays. Every Sunday we go to the big creek to have a swim. It is getting hot here and we are glad it will soon be summer because we will be able to go swimming more often. I go to Bowraville Convent School and we have a lot of fun there. Recently all the convent schools from Smithtown, Wauchope, Macksville, Port Macquarie and Bowraville, had a combined sports meeting, and the Bowraville 5-stone footballers won a cup."

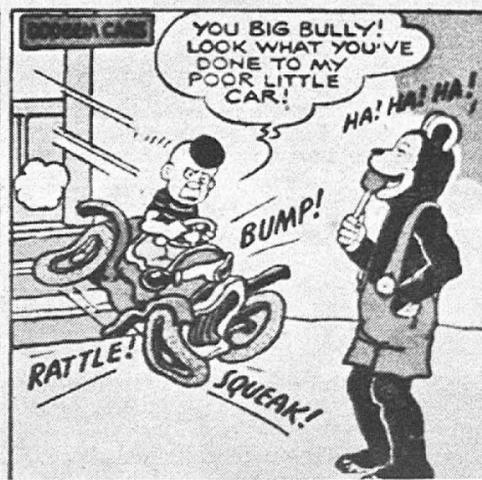
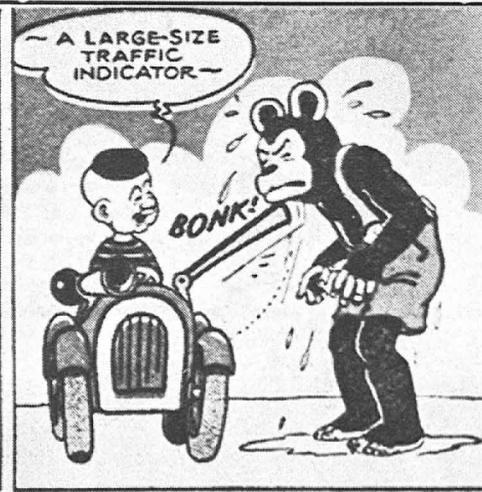
In another letter from Menindee, Betty Webster said: "This is my second letter, Pete, although I think my first letter went astray. I am fifteen years of age and I would like some pen friends from Condobolin, Swan Hill and Kempsey. I enjoy reading *Dawn* very much and always look forward to getting it.

"Menindee is only a little town with six shops, a butcher, a baker, a cafe, and two hotels. As you probably know, Menindee provides Broken Hill with water." Bett's address is c/o. Post Office, Menindee.

How about a few letters for her, kids?

Your Sincere Pal,

Pete





# IN THE GARDEN

## FOOD VALUE OF VEGETABLES

**Fresh Vegetables Most Nutritious.**—With a fuller appreciation of the importance of food values, vegetables have gradually been given a more prominent place in the diet of the people. Vegetables are one of the main sources of vitamins which are necessary for growth and maintenance of health. Some contain minerals and, in addition, an appreciable quantity of carbohydrates, the energy producers. Wilting causes loss of vitamins and palatability, and unless special precautions are taken wilting commences as soon as vegetables are harvested. This is one reason why vegetables at their best are seldom found in shop windows. It is possible to make full use of the vitamin content of vegetables obtained from the home garden, by delaying harvesting until just prior to using.

Vitamin C is readily lost from green leafy vegetables during storage at ordinary temperatures. It has been found, for instance, that under Australian conditions, lettuce one day after picking may have lost 50 per cent. of the vitamin C content present at harvest, while three days after picking 90 per cent. of the vitamin may have disappeared. The rate of loss is reduced considerably by storage at low temperatures, and accordingly if a short period of storage is unavoidable, green vegetables should be placed in a refrigerator or ice-chest. Vitamin C and those of the B complex are soluble in water, and also are affected adversely during cooking by heat, air and alkalinity. Vitamin A, however, is not soluble in water, and is not affected by cooking. Losses of vitamins may be reduced by avoiding the use of soda and by steaming or boiling rapidly in the minimum amount of water for the shortest possible time, using a covered saucepan. Over-cooking and "keeping hot" of cooked vegetables should be avoided rigorously.

Dehydration reduces vitamin content, particularly that of vitamin C, sun drying having a more deleterious effect than artificial drying.

**Vitamins for Health.**—The main vitamins provided by vegetables are B<sub>1</sub>, B<sub>2</sub> and C. Some green and coloured vegetables also have a high content of a substance called carotene which is converted into vitamin A in the body. Vitamin A is mostly obtained from fatty

foods such as milk, cream, butter, cheese, eggs and certain meats. Vegetables regarded as excellent sources of carotene are carrots, tomatoes, spinach, silver beet, lettuce, broccoli, turnip tops, Chinese cabbage, sweet potatoes, peas, beans, yellow squash and sweet peppers. Green asparagus, brussels sprouts, globe artichokes and yellow tomatoes also supply carotene, but in lesser amounts.

Green peas and green lima beans are excellent sources of vitamin B<sub>1</sub>, whilst good sources include potatoes, sweet corn, sweet potatoes, brussels sprouts, cauliflowers, cabbage, spinach, lettuce, onions, leeks, tomatoes, beans, parsnips, beetroot and carrots. The best vegetable sources of vitamin B<sub>2</sub> are turnip tops and beetroot tops, good sources including peas, lima beans, spinach, silver beet, broccoli, lettuce, cabbage, cauliflower, carrots and beetroot.

Vitamin C is mainly derived from fresh fruits and vegetables, the best vegetable sources being spinach, silver beet, turnip tops, sweet peppers, kohlrabi, turnips, brussels sprouts, cabbage, cauliflowers, broccoli, asparagus, tomatoes, peas and radishes. Vegetables supplying smaller amounts of vitamin C include endive, cucumbers, potatoes, sweet potatoes, beans, parsnips, rhubarb, leeks and onions.

The principal minerals found in vegetables are calcium, iron and phosphorus.

Vegetables rich in calcium include broccoli, cabbage, Chinese cabbage, silver beet and turnip tops. Lesser amounts are contained in beans, carrots, celery, kohlrabi, leeks, lettuce, parsnips and turnips.

Beans, beetroot leaves, silver beet, spinach, New Zealand spinach and turnip tops are excellent sources of iron, lesser amounts being supplied by broccoli, brussels sprouts, cabbage, lettuce and peas.

Vegetables supplying phosphorus in appreciable amounts include beans, broccoli, brussels sprouts, sweet corn, kohlrabi, parsnips and peas.

Carbohydrates which include starches and sugars occur mainly in cereals, sugar cane, fruits and vegetables. Vegetables, particularly rich in carbohydrates are sweet potatoes, lima beans, sweet corn, potatoes, peas, parsnips, Jerusalem artichokes.