



Starchy and sugary foods.—Starches and sugars are useful for providing energy quickly, but they are not essential for building tissues. They do not require much chewing, and they tend to cling to the teeth and thus become a potent factor in dental decay.

While sweets, iced cakes, pastries and biscuits cannot be banned altogether they should be used sparingly, and only after the essential foods have been eaten. They should be followed by one of the cleansing foods.

The dessert course of the children's meal provides opportunities for including some of the essential foods—milk, eggs, wholegrain cereals and fruit.

Between meals.—It is better to concentrate on the main meals and avoid eating between them. If the children get hungry between meals, let them have a small snack at a regular time. A glass of milk with a piece of fruit should be sufficient. Children should be encouraged to drink plenty of water and to avoid soft drinks.

Foods to avoid.—Far too often discussions of children's nutrition needs are based on lists of foods that are "bad for them." Actually, there are very few ordinary foods that are harmful to a child, although there are many that he can easily do without. The main thing is to make sure that he has the essential foods first, rather than to make a lot of fuss preventing him from eating something that is not harmful in itself. Each child is an individual,



not a little machine, and he will not conform absolutely to hard and fast rules.

Nevertheless, a child cannot have complete freedom in choosing his food. He has not the knowledge to discriminate, and he has to develop good food habits. But training in good nutrition should be something positive, rather than a series of "don'ts."

These foods are often alleged to be harmful to children, but actually they are quite nutritious and safe:—corned meats, cold cooked meat, kidneys, bananas, stone fruit, the white of egg. Tinned foods are not harmful unless the food itself is unsuitable.



Elva Lang, Carol Ridgeway, Marjory Kielly, Peter Moran, Mavis Lane and Grace Vale of Burnt Bridge, picnic at Crescent Head near Kempsey.

BABY'S DEATH

Warning to Mothers

A warning against the use of strong camphor lotion on small children was recently issued, following the death of a five months old baby at Nowra.

The baby, Elaine Carberry, had been in hospital for a week suffering from bronchitis and was then taken to her home at Browns Flat, Nowra.

Mrs. Carberry prepared a lotion consisting of camphor blocks dissolved in olive oil, with which she rubbed the baby's chest, each night and morning.

One morning as the child was being treated it suddenly convulsed and died in its mother's arms.

At a subsequent Coroner's inquest, the Coroner found that death had been caused by camphor being absorbed through the child's skin, thence into the blood stream, with consequent heart failure. He said there was no suggestion of negligence on the mother's part.

On the contrary the mother had been doing everything she possibly could for her baby, and indeed was following a remedy that had been used for many years.

Doctors, however, point out that there is a very grave danger in the too often use of camphor and suggest that mothers of young children should always obtain medical advice before using such liniments.

