



SCURVY

Vitamin C is one of the most important vitamins. A regular and adequate supply is essential to health, as it cannot be stored in any quantity by our bodies. Vitamin C is necessary to establish general good health, to resist infection, and (in children) to assist in the process of growth.

FRESH FRUIT AND VEGETABLES

We are fortunate, usually, in our supplies of FRESH FRUIT AND VEGETABLES, and therefore, the occurrence of scurvy here is comparatively rare. However, during the autumn of the last two or three years there has been an increase in the incidence of the disease amongst infants. Scurvy can be prevented in infants and young children by the regular administration of orange juice. For the breast-fed baby Vitamin C is supplied in the mother's milk, provided the mother herself receives an adequate supply of this vitamin in her diet. Artificially fed babies require EIGHT TEASPOONS OF ORANGE JUICE DAILY.

FOR INFANTS:

ORANGES

- Other Citrus Fruits
- Tomato Juice
- Swede Juice

or

Ascorbic Acid Tablets

Tomato juice and swede turnip juice are the best substitutes for orange juice in the feeding of infants but double the quantity of tomato juice must be used. Mashed potatoes can also be used as a source of Vitamin C for infants aged 9-10 months.

If supplies of citrus fruits are unprocurable, Ascorbic Acid (Vitamin C) tablets are obtainable free, for needy cases, through Baby Health Centres, or they may be purchased from chemists.

FOR OLDER CHILDREN THE BEST SOURCES ARE:

- (1) All citrus fruits.
- (2) Pineapple, Paw Paw, and Berry Fruits.
- (3) Tomatoes and green vegetables—eaten raw.
- (4) Green leafy vegetables, particularly cabbage, if carefully cooked.

It is most important to have green vegetables as fresh as possible, because Vitamin C is lost when they are stored for lengthy periods. Vitamin C is easily destroyed by careless cooking. Never over-cook green vegetables.

There is practically no fruit that doesn't contain some health giving ingredients.

Aboriginal mothers should insist on their children having a maximum of fruit all the year round, particularly if there is any shortage of fresh milk.

Even the wild gooseberries and blackberries are rich in vitamins in their uncooked state and a popular fare when made into jam.



Herb Simms, of Sydney, is a real "Iceberg"