

Approval in Principle for Farming Project

The Aborigines Welfare Board has approved in principle the use of 1,500 acres of land at Cumeroogunga, in the Murray Valley, N.S.W., for an Aboriginal farming project.

The approval was given in a telegram from the Chief Secretary, Mr. C. A. Kelly, delivered in March to the annual conference of the Federal Council for Aboriginal Advancement held in Canberra.

Earlier members of the Aborigines Welfare Board had visited Cumeroogunga and received a deputation from a group in Victoria in support of the proposal.

Following its return to Sydney the Board asked for a special report from the Department of Agriculture on the agricultural potential of the Cumeroogunga land.

At the Canberra conference the general secretary of the Federal Council said that the Cumeroogunga project would be financed by the Aborigine's Advancement League of Victoria.

He said residents of Cumeroogunga had been pressing a claim to own their own houses and land and establish a farming enterprise for many years.



At the Hall at Cumeroogunga Pastor D. Nicholls, of Melbourne, who introduced the deputation, is pictured addressing members of the Aborigines Welfare Board

Fruit Needed for Good Health

(Prepared by the Nutrition Section of the N.S.W. Department of Public Health)

For the maintenance of good health fruits and vegetables are necessary in the diet every day, but the amount of each that we eat depends on circumstances. Since the various items in the fruit and vegetable group are to a great extent interchangeable, one can be substituted for another as the need arises.

Four to five portions of fruit and vegetables daily could be made up of two pieces of fruit, and two to three servings of vegetable; for instance, orange juice for breakfast, tomato salad for lunch, and carrots and potato for dinner make four servings already.

It is obvious that there are numerous other ways of including the necessary fruit and vegetables in the diet. When fruits are scarce or expensive vegetables can often take their place.

This does not mean that fruits are unnecessary since many fruits are our best sources of vitamin C, they provide variety, and many people prefer them to vegetables. When the children do not like their vegetables then fruits can be used as a substitute to provide the necessary nutrients.

While oranges, grapefruits, papaw, rockmelon, mangoes and the berry fruits are some of the richest sources of vitamin C, and mangoes, papaws, and rockmelons are also outstanding sources of vitamin A, other fruits, which

are not rich in any particular vitamin should not be neglected or thought to have no value, since all fruits contain varying amounts of many vitamins and minerals, and so make an important contribution to the daily intake of these nutrients.

Since fruits also provide organic acids, roughage, and variety in the diet, no fruit should be neglected just because it is not a good source of a particular vitamin.

At times when no fruit which has a high vitamin C value is available, the total daily requirement can easily be made up by the small amounts present in the various fruits and vegetables eaten.

Thus one can get the necessary vitamin C by eating one small orange, or one-third cup papaw cubes, or by the addition of the smaller amounts obtained from foods during the day, for instance—one medium apple plus half cup cooked cauliflower plus one medium boiled potato.

The reason why vitamin C features so prominently in any discussion on fruits and vegetables is that we depend on these as a source of this vitamin since it is not stored in the body and therefore has to be included in the diet daily.

However, once the daily requirement has been met, there is no need to exceed it, as any extra is lost. Therefore, there is no need to eat all fruits and vegetables in the raw state!