

Work Prospects Brighten at Nowra

Work prospects for Aboriginal school leavers and adults at Nowra should improve as a result of a meeting of Shoalhaven Shire's Aboriginal Welfare Committee held last October.

Committee chairman Cr B. F. McIntosh (Shire President) told representatives at the meeting that its purpose was "to assist the employment of Aborigines". Mr I. C. Drury circulated a list of the Aboriginal children about to leave Nowra High School and asked the meeting to try to obtain suitable work for them.

One of the industrial companies represented at the meeting was John Bull Rubber. This firm employs several Aboriginal girls and will employ more.

Transport is a problem in Nowra, where factories and offices are often several miles from the centres of Aboriginal population at South Nowra and Wreck Bay.

The Committee will seek ways to iron-out such things as transport difficulties, which make more difficult the finding of suitable work for Aborigines.

The Committee discussed work prospects for two boys and three girls who would leave school at the end of the year (1967). One of the boys may be able to work for Shoalhaven Shire, and the other for the John Bull Rubber Company or in the Shoalhaven Paper Mills plant.

One girl may find clerical work with a Nowra bank, and the other two in positions as hospital attendants locally.

Mr A. L. Thomas, Nowra area welfare officer of the Aborigines Welfare Board, takes a prominent role in obtaining work for Aborigines in his region, and has been invited to join in the Nowra welfare committee's discussions.

The disease scurvy has been a serious problem throughout the ages, and even nowadays many children are admitted to hospitals each year in New South Wales.

For hundreds of years scurvy was associated mainly with sailors, because they did not have supplies of fruit on board their ships. But in 1757 a Dr Lind discovered that oranges and lemons cured and prevented the dreaded disease. Captain Cook, discoverer of Australia, was the first voyager to use fresh fruit to prevent the disease following an order by the British Navy that all its ships should carry a good supply of lemons and limes.

This practice led to the British sailors being called "limeys", but they were also known as the sailors who did not suffer from scurvy.

In recent times, medical science has shown that it is the vitamin C content of fruit which prevents and cures scurvy.

Children

Babies fed wholly on cows milk are particularly susceptible to the disease—called infantile scurvy. Cows milk contains no vitamin C. Large doses of

Scurvy Still Attacks

vitamin C as a supplement produce miraculous results and most child victims are out of hospital within a few weeks.

Vitamin C has been called the "fresh food vitamin" because its content is highest in fresh vegetables and fruits—particularly citrus fruits. Potatoes and leafy green vegetables contribute considerable amounts of the vitamin also.

To retain the maximum amount of vitamin C, foods should be selected when they are fresh, and with vegetables, not wilted. They should not be stored in water or cut up too soon before use.

When cooking vegetables, add them to small quantities of boiling water, cover, and cook until just tender. Don't use sodium bicarbonate because it hastens destruction of the vitamin C.

To obtain sufficient vitamin C for your needs, you should include in your diet four servings of vegetables or fruit each day. Remember that citrus fruits and tomatoes are the best source of vitamin C, the anti-scurvy vitamin.