

THE FOOD PROBLEM.

How to Maintain Health and Vigour.

TRENCHES IN ENGLAND.

The war has taught us many lessons, certainly not the least of these the importance of our country's food supply. The recent development of the submarine blockade, and the limited shipping transport of food-stuffs for the many millions of population, have brought home to us the fact that we depend greatly upon other countries for the supply of ordinary daily needs.

It is necessary, therefore, to consider our position in the light of the facts which have been brought to our attention. A nation at war must make the best use of its natural resources. An alternative question will be whether the country can afford to neglect this lesson even in times of peace.

What is really necessary to maintain the health of the nation? It is not the quantity of food, but the quality. And how can we best bring about an increase in home-grown food supplies to fill the place of the food stuffs which in normal times are imported from other countries?

Taking the two questions in the order given, we find that the main constituents of human food are (1) protein, (2) starch, (3) its equivalent sugar, and (4) fat. To maintain the body in health a minimum of "protein" must be given to replace the waste, and nothing will act as a substitute for this minimum. Starch for its carbohydrate, sugar given in sufficient quantity will serve as a source of protein, but it is a substitute.

Diet in Times of Plenty.
In times like the present not only the quantity required but the class of food necessary to keep the body in health must be considered. Scarcity of protein beyond the minimum is rarely enjoyed as a treat, and is probably not of greater value than starch or sugar. Fat, starch, or sugar will replace one another in a large measure, but fat is not of importance as a source of protein.

In times of plenty the average human being selects a diet containing an average of 200 grams per day of protein. The food equivalent of this diet would amount to approximately 2,000 to 3,000 calories per day. This is the diet chosen by different types of people the world over, but in our times of plenty. What we have to consider is the time of stress in front of which the investigations, chiefly undertaken in America, have shown that a diet giving about the same total value (2,000 to 3,000 calories per day), but containing only one-third of the protein normally necessary, is sufficient to conserve the health and strength of the average person. This has been proved by tests carried out over a period of months on university students, athletes, and soldiers, and the truth has long been recognized in Japan.

Choice of Home-grown Stuffs.

It has an important bearing upon the choice of food necessary to maintain the human body in full vigour, and at the same time give the greatest amount of foodstuffs. It may be assumed, therefore, that an adult person will maintain health and vigour on a diet which contains a few (equivalent to 10 grams per day of protein). Having determined what is necessary to maintain health, the next step is to put the knowledge in practical use. A large proportion of these essentials is contained in the foodstuffs it is possible to grow in the country.

We find that our choice of home-grown foodstuffs is virtually limited to two: cereals (particularly wheat and potatoes). The average yield of wheat per acre in this country is 30 bushels of approximately 50 lbs. weight to the bushel, or 1,500 lbs. of wheat to the acre. The average yield of potatoes is approximately 15 per cent. of the value of the wheat. The average yield of potatoes is approximately 15 per cent. of the value of the wheat. The average yield of potatoes is approximately 15 per cent. of the value of the wheat.

Wheat versus Potatoes.
The average yield of potatoes per acre in this country is 28 tons, or 114,000 lbs. The nitrogenous matter of potato is approximately 12 per cent. of the total weight, and 8 per cent. of the value. The average yield of wheat is approximately 15 per cent. of the value of the potato. The average yield of wheat is approximately 15 per cent. of the value of the potato.

WOMEN TRAM DRIVERS.
BIRMINGHAM NOT LIKELY TO EMPLOY THEM.
The Manchester and Salford Corporation are considering the question of employing women tram-drivers, but there seems little possibility of Birmingham adopting this course.

AN APPEAL PENDING.
BIRMINGHAM MAN'S REASON FOR ABSENCE FROM ARMY.
Alfred Thomas, aged 31, of 2, Orchard-terrace, Bristol-street, who was charged at Birmingham yesterday with being an absentee under the Military Service Act, when arrested at the War Office, is all right, and adds that a soldier who had been writing to the War Office to get a further appeal for him.

WHY HAVE HEADACHES?
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PEOPLE IN THE NEWS: BIRMINGHAM'S NEW LADY MAYORESS.



Rev. E. F. Duncan. Rev. D. Bailton. Rev. F. R. Barry. Major Cecil Crosskey, V.D., A.S.C., well-known Birmingham solicitor and Deputy Clerk of the Peace, has been appointed to deal in despatches.

REGIMENTAL MASCOT IN THE FASHION.



The mascot of a regiment on one of the fronts adopts the prevailing fashion of shorts and sun helmets.

THE LADY MAYORESS.

Useful Work in Public Life of Birmingham.

Mrs. A. D. Brooks, the new Lady Mayoress of Birmingham, is a native of Norfolk; but was brought up by her aunt at Haverwood Wood, Norfolk. She was educated at Brussels, and is an accomplished musician, with a talent for singing, and she has a number of little daughters who inherit their mother's musical tastes.

Although not hitherto prominent in the public life of Birmingham or widely known except in the circle of her own friends, Mrs. Brooks has taken a considerable interest in the public affairs of Birmingham, in which district she has been an active war worker. As vice-president of the Harbours' League of the City, she has been in charge of the Harbours' League of the City, an organization which has been prominently engaged in raising funds for the Royal National Lifeboat Institution.

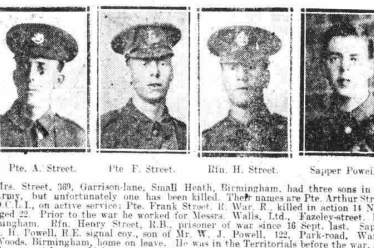
Ever since her marriage Mrs. Brooks has warmly supported her husband in his public work. The City Council observed on Tuesday at the City Council meeting, the Lady Mayoress is fortunate in having as her official partner in the traditions of the office. The Lady Mayoress has been in charge of the Harbours' League of the City, an organization which has been prominently engaged in raising funds for the Royal National Lifeboat Institution.

WILLEDSEN GIRLS COLLECT TOWN'S REFUSE.



The Misses Harriet and Doris Drinkwater, daughter of Mr. Drinkwater, a Willesden contractor, have taken the place of their brothers in collecting the town's refuse. One of the girls is shown carrying a dustbin.

GALLANT BIRMINGHAM MEN.



Pte. A. Street. Pte. F. Street. Bin. H. Street. Sapper Powell.

Mrs. Street, 309, Garrison-lane, Small Heath, Birmingham, had three sons in the Army, but unfortunately one has been killed. The three are Pte. Arthur Street, D.I. 1, on active service; Pte. Frank Street, 1st War. R. killed in action 11 Nov. 22. Prior to the war he worked for Messrs. Wallis, Lillie, Exeter-street, Birmingham. Pte. Henry Street, I.B., prisoner of war since 16 Sept. last. Sapper H. Powell, R.E., signal corp., son of Mr. W. J. Powell, 122, Park-road, Warley Woods, Birmingham, home on leave. He was in the Territorials before the war, and the present leave, which was a surprise to his relatives, was the first he had received since the war began.

TYPISTS' GOLDEN DAY.

The Supply Unequal to the Big Demand.

Mr. Neville Chamberlain is finding it difficult to get a sufficient staff to man his shorthand typists. This problem, however, is not confined to the department of the Director-General of National Service, it is one which faces all business firms. In Birmingham, as in London and other large cities, the demand is greater than the supply. The tremendous increase of formal labour creates has had little to do with the death of typists, as excellent wages are paid.

A junior girl of 15 years—commanded a wage of 1s. a week, sometimes more, and a senior obtains anything from 2s. 6d. to 3s. with even higher wages in reasonable positions. At the present moment there is a plenty of positions open for well-trained seniors at 3s. to 3s. 6d. a week. The average salary for typists, however, is not so high, and the competition for the few positions is very keen because they pay more money. But even with this inducement business firms cannot obtain all the shorthand typists they require.

A SECURE PEACE.

BISHOP OF WORCESTER ON THE ALLIES' AIMS.

For a third time in the past month a New Year, and as we look back on our sorrows and anxieties we see how the national character has grown sterner under the trial, writes the Bishop of Worcester in his monthly Worcester Diocesan Magazine. Our people are sterner, more ready, more ready for sacrifice, as year by year we see our own people are sterner.

WAGON WASTAGE.

WAR OFFICE FORAGE COMMITTEE'S INSTRUCTIONS.

In consequence of the demands for rolling stock for France and for the conveyance of the increasing quantities of munitions of war in this country, the War Office has issued to forwarding supercargo officers instructions which should have a far-reaching effect. The Forage Department is loading about 3,500 railway trucks a week, and it is therefore possible materially to conserve the use of wagons and their goods, and to leave each day, and the day trains are not completed in time for it, a whole day's work.

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A YEAR'S HARD LABOUR. G. A. Suteland, formerly a master at Harrow School, who has already served one year's hard labour, and is a conscientious objector, has been sentenced to the district court-martial at Dublin in one year's hard labour for refusal to obey military orders.