

**THE KITCHEN FRONT by a Doctor (Dr. Charles Hill) Home Service  
Wednesday 25th June 1941 at 8.15 a.m. approximately for 5  
minutes From LONDON**

*Taken from scripts for actual Radio Broadcasts and transcribed by  
World Carrot Museum (source UK National Archives, perused September 2012)*



**Healthy Eating – things your body does not need**  
*(next broadcast – below – things you do need)*

Bacon and tomatoes, a juicy kipper, duck and green peas, steak and chips, cheese and onions. Ooh! our mouths water at the thought of them. But is our health suffering for the loss of some of these luxuries? In other words, can we keep fit without them? The plain truth is that we can. We can be fitter.

To begin with there are some foods we can do without because they are not really foods. To some people a cereal is something in an attractively got up cardboard box, taken with milk at breakfast. But the chief value of that dish lies in the milk that washes the cereal down.

Most so-called extracts of meat aren't really foods. They may look nice, taste nice and smell nice, but their food value is practically nil. It's heartbreaking to see so many people spending money they can ill afford on foods. We can do without these and certainly be no less fit. We can do without some other foods because we can replace them by something else equally good, or better. We could do without sugar, without meat, without butter, without eggs, and without apples, and yet be perfectly fit.

Life might be less pleasant, but we need not suffer in health. Let me say how.

First sugar. It's a fuel, from which we get the energy to breathe, to walk, to run and to work. We must have fuel. But sugar's not the only fuel, and furthermore sugar's nothing more than fuel. Potatoes, oatmeal, wholemeal bread - they are good fuel with a little something that sugar hasn't got. They give the body vitamins and salts as well as energy. They're better than sugar.

Sugar eating is really a modern fashion. Four hundred years ago sugar was unknown in this country. A century ago we ate 17 lbs of sugar a head a year. Just before the war we were eating over 100 lbs a head a year. The truth is that sugar's become something of a menace. The poet was not far wrong when he wrote "Things sweet to taste prove in digestion sour". Many doctors think: that the catarrhs, the dyspepsias so common today, are often due to too much sugar.

We could do without meat - if we had to. It's a builder. It's the stuff we are made of. The body must have builders if it is to make new flesh, new blood and new bone. Meat's a very appetising builder. Cheap cuts of meat, by the way, are just as good food, just as good building material, as dear cuts. Imported meat is as good as home killed. There's a lot of pride and prejudice about home killed, and the best cut of sirloin. But meat isn't the only builder, and if the ration weren't enough I would say more about cheese.

It's a grand food, and I am glad the ration is going up. Milk, and all dairy foods, are builders. Fish is a builder, and particularly fat fish. Peas and beans and lentils (they are called the pulses) are builders. They are rich in lime and iron. There's very little fat in them so they go well with fatty dishes. In Canada bacon and beans is the staple dish of open-air workers on heavy jobs. With cheese not too plentiful, with fish far too dear, our building material must come in the main from fat, from milk and from the pulses.

If fish and cheese become plentiful, they could take the place of all the meat we get on the ration. We can replace butter by margarine and lose nothing. One gives just as much energy as the other. Butter contains natural vitamins: all margarine now has them added in the same amounts. You may prefer butter to margarine, but from the point of view of health there's no difference.

Eggs we can do without. At anything more than 1penn each they are dear and not worth it. Three-quarters of the egg is water- the rest is good building material, I agree, but it's dear at the price.

We can do without apples. An apple a day keeps the doctor away - don't believe it! They're mainly water - with precious little vitamin. The same goes for pears and cherries, plums and grapes - they're very tasty, very sweet, but dietetically they're water, and little else.

The four fruits which give the most vitamins are blackcurrants, strawberries, loganberries and gooseberries. If fruits are short we can get our vitamins from vegetables. I'll deal with that subject next week.

**THE KITCHEN FRONT by a Doctor (Dr. Charles Hill) Home Service  
Wednesday 2 July 1941 at 8.15 a.m. approximately for 5 minutes  
From LONDON**

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World Carrot Museum (source UK National Archives, perused September 2012)*



**Healthy Eating – things your body does need**

Last Wednesday I said something of foods we could do without. This morning I want to speak of some foods we can't do without. But first of all a word on waste. Waste is not just throwing food into the dustbin.

Eating the wrong food is waste. Eating too much is waste. Eating too little is waste particularly when it's too little of the right foods. Now what are the right foods?

There are three kinds of food, and we need some of each every day. We need energy food. We need building food. We need protective food.

First, energy food. They are the groceries. Sugar, bread, flour oatmeal, potatoes, cake, biscuits, jam - they're all energy foods. Some are easier to get than others - but any one of them all give you energy.

Some are better than others - because they give us something besides energy. Bread is better than sugar, and potatoes are better than bread - unless it's wholemeal. But all give us energy.

Second, building food. Meat - and that includes offal - milk and cheese, fish, peas and beans - all are builders. If we can't get one, we can eat another. We can do without cheese if we can get meat. We can do without meat if we can get herrings (and at a reasonable price).

Third, come protective foods - foods which protect us from disease. In war-time they're most important of all. They protect us because they have a little something the others haven't got. That little something may be a vitamin, a salt, or both. The point is we can't be fit without the right vitamins and salts - without the right protective foods, or protectors. Milk and cheese and fish are protectors, as well as energy foods and builders. Butter and margarine are protectors, as well as energy foods. Fruit and vegetables are protectors, and good ones. But not all fruits and vegetables.

Here are the best protectors amongst the fruits. Blackcurrants, strawberries, red and white currants, raspberries, loganberries and gooseberries - and when we can get them - oranges, lemons and grapefruit.

The best protectors in salad vegetables are watercress, tomatoes (I know it's a fruit) radishes, mustard and cress and young dandelion leaves. The best among the other vegetables are sprouts, cabbage, broccoli, swedes, spinach and potatoes. (Though these can be used as salads too).

The vegetable protectors are as good as the fruit protectors, and if need be, could replace them altogether. In peace-time you can take half a grapefruit or an orange, or a tomato a day and get your vitamins that way. Today you can do just as well by taking every day some raw salad - preferably raw cabbage, raw sprouts or raw swedes. Yes, raw cabbage leaf shredded - don't condemn it without trying it. Try it - it's better than all the lettuce, and as good as all the grapefruit. Don't forget those dandelion leaves - take a chance and pick some young ones.

Are vitamins killed by cooking? Cooking can't kill them because they were never alive. But when you boil greens or potatoes or blackcurrants, some of the vitamin passes into the water. So don't throw the vegetable water away, keep it for soup. The vitamins are destroyed by re-heating - they are, of course, murdered in bubble and squeak. If vegetables and fruit are not over-cooked and are eaten as soon as cooked, much of the vitamin is saved. But eat something raw every day.

Let's sum up. -We need food from each of the three groups. But they need not be sugar or cakes, or a cut from the joint and two vegetables, or sausage and mash, or oranges and lemons, or apple tart and custard. Adults can live perfectly well on wholemeal bread, milk, the right green vegetables, some of them raw, and potatoes, and nothing else.

Throw in a little cheese and the grub is lovely. The bread and potatoes provide the energy food, and some protection. The milk is an energy food, a builder and a protector. The right vegetables are protectors.

Forget Group 1, the energy foods, they'll look after themselves. Remember that milk and cheese and pears and beans are builders as well as meat.

Think most of Group 3, the Protectors. Eat vegetables and fruit which both protect rather than those which don't. And eat something raw every day - even if it's a young dandelion leaf.

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