

Arthur is a Good Sport

Arthur Russell, from the Kinchela Boys' Home, who is in class 3C at the Kempsey High School, is making a name for himself as a sportsman.

The *Macleay Argus* reports that Arthur, under 18 utility back, had a great weekend in sport.

Playing in the under-15 cricket match for Macleay against the Manning, Arthur scored 90 runs for his team and also captured five wickets for seven runs.

The following day, playing football against Smithtown, he scored a fine try.

He was judged fairest player in the game, and also the best and fairest for Central.

This award carried with it a free shirt.

Sang at Musicale

The Aboriginal soprano Lorna Beulah sang at a musicale at the home of Mrs. Rutter, Stanley Road, Epping, proceeds from which were donated to the Aborigines Welfare Board. One of the guests was the Board's senior welfare officer, Mr. T. W. Humphreys.

Woman On Board

A part-Aboriginal kindergarten superintendent, Miss Nancy Brumbie, 37, has been appointed to the South Australian Aboriginal Affairs Board.

The only other Aboriginal member of the board is Mr. Reginald Jeffrey Barnes.

GUARD AGAINST FOOD POISONING

(Compiled by the Nutrition Section of the Department of Public Health.)

Food poisoning is often thought of when several members of a family or other group suffer from gastrointestinal complaints (especially vomiting and diarrhoea). This may be due to causes other than food, but if all of the people become sick at the same time, it can be reasonably assumed to be caused by something eaten or drunk.

There are several different types of food poisoning which are caused by harmful bacteria being present in the food. Most cause brief, if unpleasant, gastrointestinal upsets, but one called botulism, while it occurs but rarely, is fatal in about 80 per cent. of cases.

Salmonella is poisoning which often results from contaminated eggs which have not been adequately cooked, or meat dishes and puddings containing eggs which have been allowed to cool slowly at room temperature. Cracked or dirty eggs are especially suspect, but if cooked thoroughly will not be harmful. Duck eggs should be especially thoroughly cooked.

Staphylococcus and Streptococcus ("staph" and "strep") infections occur where food is contaminated by a person handling the food. If the food is then held at near room temperature (or kept "warm" but not really "hot") the germs multiply, and produce illness when eaten. Foods most commonly affected are creamed meats, cream pie, custards, cake fillings, ready-to-eat meats, gravy, etc.

The best protection against staph or strep is scrupulous cleanliness while preparing food, and prompt refrigeration. If a food needs to be kept hot, be sure its really *hot*, just under the boil. Cool foods quickly and put them into the refrigerator promptly. It is at lukewarm temperatures that the germ organisms grow best.

Botulism is quite different. The botulism organism and a few similar germs which sometimes cause food poisoning occur in soil, but they are only poisonous when certain conditions exist. These conditions occur mainly in home bottling of meats and non-acid fruits and vegetables. The bacteria which cause botulism live through boiling temperatures, and develop a poison in complete absence of oxygen. The poison is so potent that even tasting affected foods can be fatal.

The only safe way to home bottle meats, non-acid fruits and vegetables is by using a pressure cooker.

Commercial canning is done under very rigid supervision and there is no danger of these foods being poisonous.

None of these types of poisoning affect the taste or appearance of the food, so the person eating the food has no warning. Only conscientious care by the housewife and others handling food can prevent food poisoning.