



## **Bad Eating Habits**

The Herald is to be congratulated on its publication (Letters 17/4/78) of Helene King's timely warning on bad eating habits.

While heartily supporting her, I regret that she appears so "bossy" in her admonitions with the use of nine "should's".

I would prefer to teach by the gentle example offered to me by an elderly gentleman named Theophilus Kelly, who lived in a shack on the banks of the Cudgegong River, in the Rylestone district. When I first met him, he had already reached a hale and hearty 107 years of age. He told me that he put it all down to the simplicity of his lifelong diet of bullock's tonsils in aspic, strips of cinnamon bark, and fermented honey. On such festive occasions as the relief of Mafeking or Carbine's Melbourne Cup success, he would have a mild splurge on black humbugs.

In the course of time he had become something of a sage.

"I am setting this example", he was wont to say, "for the sake of humanity. If we persist in bad eating habits, there will be so many deaths from malnutrition that there will be an inevitable shortage of victims to satisfy the needs of warmongers, terrorist and motorists. And in that case, life will hardly be worth living."

And so, in support of Mr Kelly who, I am told, is still going strong, and encouraged by Ms Helene King's letter, I shall continue to advocate good eating habits.

Whenever I reflect sadly on such past misdemeanours of mine as the consumption of sole meunière, caneton aux olives and a baba au rhum, washed down by goblets of Veuve Clicquot, I am quickly called back on to the straight and narrow by my fortnightly message from Ms Margaret Guilfoyle's department.

In the meantime, may I wish our new adherents a hearty "bon appétit!".

*The above was in reply to the following letter (note Charlie's underlining of the word "should");*

*"Wouldn't it be good for everyone if they really took literally the words, "prevention is better than cure"!*

*Just look at the people in hospitals being treated for a lot of sicknesses that were probably brought on by bad eating habits over a long period.*

*Just as the Government sends out inspectors to make sure we pay our bus fares, or that cleanliness of kitchens is to their specifications, it should train some of our unemployed to*



*re-educate men, women and children on the facts of life. More of us must be made aware that by eating correctly now we can have the hope of growing old without the many sicknesses and complaints that have always gone with age.*

*Inspectors should be sent to the schools to prevent the sale of pies, potato chips and lollies to young children. Fish and chip shops should bear signs telling people that over a long period these are a health hazard. Pie and cake shops should warn people of the effects of over-indulging in these foods. Bakers should be told to warn people that white bread has had a lot of the essentials removed. Cafeterias should be advised to serve people only foods that promote good health.*

*Doctors should be forced to first check a patient's eating habits before deciding to prescribe drugs which could bring bad side effects.*

*Teachers should have to set aside at least one lesson a week to teach our young parents of tomorrow the dangers of eating the wrong foods.*

*Just as statistics show the numbers that die on the roads so another set should be made to make people aware of those who kill themselves."*

*Helene King*

