

PEANUT BUTTER WITH MASHED BANANA (equal parts of each): This is suitable for infants, especially under six months. It should be diluted with water for infants under three months.

PEANUT BUTTER WITH SWEET POTATO AND PUMPKIN (equal parts of each): The peanut butter is mixed with mashed boiled sweet potato and mashed pumpkin. This is suitable for toddlers and infants over about four months. The boiled peanut mixture must be used the same day. Locally available greens may be added.

PEANUT BUTTER BALLS: Baked peanut butter lasts for months. Many children prefer to eat it plain, rolled into an egg-sized ball which can be held in the hand just as the sweet potato is held at home—this is essential to the child's psychology. Several 'peanut balls' can be eaten daily. Alternatively, peanut butter can be put inside a banana or baked sweet potato, split lengthwise.

Peanut Foods Popular With Children

Peanut foods prepared in this way do not cause diarrhoea. Success is partly attributable to the fact that the children like them so much—and can take large quantities of protein in small bulk of food. This is a help with severely malnourished children whose appetites are poor. Peanut foods are often acceptable when milk is refused. It has been found that children given peanut foods without milk gained weight just as fast as others given peanuts and skimmed milk.

Since peanut foods can cure most cases of malnutrition, it follows that malnutrition could largely be prevented by using them as regular infant foods in villages. A small plot of peanuts will supply the infant's needs.

Pilot projects are under way, with peanut grinders located at strategic points, to convince the village people of the value of this feeding and to assess the cultural, agricultural, economic or other factors to be taken into consideration in the implementation of this food habit at the village level. Health education is very much needed in this connexion.

Further Studies In Progress

Further studies are in progress to determine the digestibility, biological value and protein quality of peanuts and other foods. Also being studied is the effect on children's growth over a twelve-month period when their diets are supplemented with (a) peanut, (b) soya-bean, or (c) skimmed milk. The supplement supplies ten grams of extra protein per day.

One condition common among Chimbu women is nutritional oedema, a kind of dropsy due to malnutrition. The incidence of this and other nutritional disturbances in relation to the ordinary daily diet of these people is also being studied.

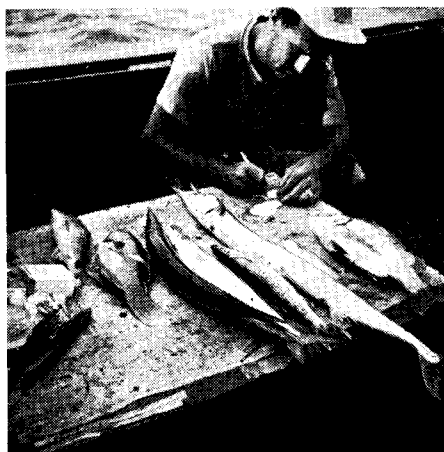
We consider it very important, too, to work closely with the Department of Agriculture, Stock, and Fisheries, so that jointly we may encourage people to produce, and to eat, protein-rich foods such as fish, eggs, meat and milk. Mention has been made of improved varieties of sweet potato, which are relatively richer in protein.

The ultimate aim is to make the terri-

Fish Poisoning Study Makes Progress

ACCORDING to doctors in New Caledonia, cases of fish poisoning are an almost daily occurrence in medical practice there. Unfortunately, as one doctor remarked, patients rarely know the proper name of the fish they have eaten or where it was caught. Certain fish have a bad reputation, but how much this is really justified is not scientifically known. It appears that large numbers of perfectly good fish are thrown back and never brought to the market because no-one will buy them, while others thought to be harmless may occasionally give trouble.

This difficulty is found in many Pacific territories, and the University of Hawaii, with the assistance of the South Pacific Commission, has been undertaking in-



Dr. Helfrich recording details of fish caught during his recent visit to New Caledonia.

vestigations designed to throw light on this and related problems.¹

Dr. Philip Helfrich, of the Marine Research Laboratory at Honolulu, has recently paid a visit to Fiji and New Caledonia in an attempt to pinpoint the areas where toxic fish are found, and to obtain regular sources of supply for laboratory testing. Because of the assistance willingly given by the Nouméa Fisheries Co-operatives, he was able to carry out useful on-the-spot investigations and has set up a fish-testing pilot project in conjunction with the French Institute of Oceania at Nouméa.

¹ See *South Pacific Bulletin*, October, 1961, "Fish Poisoning In The Tropical Pacific", by A. H. Banner.

tory self-supporting in its food production, including sufficient protein-rich foods for the urban as well as rural populations, and so avoid undue dependence on imported foods. In this way the research programme is geared to the practical nutritional needs of the people, concentrating on those who most need our help, namely, infants and toddlers.

In Fiji, the Veterinary Service was able to assist him, particularly in his studies of toxic sardines, which are of serious concern there.

SPC Co-operatives Specialist Attends Seminar At Saipan

By invitation of the High Commissioner of the United States Trust Territory of the Pacific Islands, Mr. R. H. Boyan, SPC co-operatives specialist, was a senior director and the principal instructor at the second co-operatives seminar organized in the territory. It was held at Saipan from October 8-22.

On November 25 he went to American Samoa at the invitation of the Governor to assist in the setting up of the first co-operatives in that territory. He conducted a seminar and assisted in training office-bearers for the pilot societies.

Cook Islanders Calling . . . (Continued from page 32)

bands. Two of them—ZK1BT and ZK1BW—have accepted full responsibility for conducting a junior class of about fifteen members. In order to make fast progress this keen class attends lectures on three nights a week.

The January Camp has become a permanent Club feature, and last year was the largest to date. It was held at the Arorangi School, and lasted for twelve days.

Displays Maintain Public Interest

Public displays are given occasionally. These serve to keep the public informed about amateur radio, and to give members an opportunity to interest others in their hobby.

In 1960 some members of the Club formed a co-operative society for the purpose of manufacturing and repairing radio equipment. At that time suitable transistor radios for Cook Island listeners were not available, and one was designed which the Society started to manufacture. But after some dozen sets had been completed, the position changed, when cheaper and more suitable imported receivers became available.

The Society is now working steadily on servicing work and the manufacture of special items of equipment. At present it has no permanent staff, work being done on a voluntary basis by members.