

adv. 29.10.35

"Phoenix," probably the most ambitious literary production to come from our University students, was issued for the first time today—arising, it seems, out of the ashes of the old Adelaide University Magazine. "On Dit," which has been a popular student publication for a few years, has ceased publication for this year, at least, after the resignation of student members of its executive. One of those members, Miss Margaret McKellar Stewart, is co-editor with Messrs. Maurice Finnis and Russel Ward of "Phoenix," and has been awarded a prize for the best contributions by the committee of the Literary, Debating, and Dramatic Society. She has written "Stained Glass," a poem, and a short, but telling, atmospheric piece entitled "The Candle Flame."

"Phoenix" is as modern as its flame-embossed black cover. It is illustrated by several line cuts by John Dowie and Rex Wood, both of them aiming at force rather than conventional beauty, which is apparently the goal of the production as a whole.

The introduction says:—
"No need for apologies. It is time to change. The "Adelaide University Magazine" has given place to "Phoenix," which can now develop on its own impetus without necessary reference to its predecessor.

The function of "Phoenix" as we see it is to provide an opportunity and an incentive for the publication of significant writings. And the obvious place to find such writings is surely the University.

Original work is not called forth by a limp academic 'magazine' with a long name, an unmistakable 'chronicle' tradition and a cover that is dim and dull. So it is not for the sake of novelty that we make all things new. We have no alternative. Here it is, without apology.

But 'Phoenix' has not risen perfect from the ashes. It clamors for food for its continued growth."

Prepared by this editorial, you are not surprised to find that the contents of "Phoenix" are definitely different from the usual student magazine. Perhaps the difference is rather too conscious at times; all the same getting out of the rut, even if the effort is a bit self-conscious, is a very good thing at any time.

Listen to excerpts from "A Fugue on Friday Themes," by someone who signs the initials "W. J."—

"Piper, sir, piper
"Broken main at Castlereagh:
"Murder on Mount Road:
"Oakbank acceptance:
"Piper, sir, piper.
"Suicide from Sydney Bridge:
"Piper, piper, thank you, sir."

Not so modern in tempo but lyrical in sound is "After Reading Carlyle," which begins:—

"You were so droll, you men of other times.
You held ideals, and you always knew
That this and this was so;
While we, poor heirs of all your certainties,
Know naught at all save that we nothing know"—

And ends with:—
"O, can it be that from our modesty
Shall breed a purpose worthy of our power?
Stand we in the darkest pre-dawn hour?
And is there still an undiscovered sea?"—

Which seems to sum up very neatly the attitude of modern youth, or at least a section of it, to life.

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IMPORTANCE OF DIET TO HEALTH

More Education Needed, Says Lecturer

During the past 50 years great progress had been made in the conquest of disease, but there was still much to be done if the community was to enjoy perfect health as compared with the mere avoidance of actual illness, said Mr. M. L. Mitchell, lecturer in biochemistry and general physiology at the Adelaide University, in a W.E.A. lecture at Port Adelaide last night.

"In Australia we have readily at hand all the most valuable forms of food, and by their careful and intelligent use we should be able to improve the physique and well-being of the race," he said. "Unsatisfactory dietary habits account in no small measure for poor physique and what may be described as imperfect health; and increased education in man's nutritional needs would go far to improve the position."

It might be claimed, Mr. Mitchell continued, that our present dietary habits were based on those that had enabled countless generations to survive, and that those habits were the product of experience, though not of knowledge. That complaisant view overlooked three important points, firstly, mankind had no natural instinct in the selection of dietary factors, and so the nature of our food was mainly determined by circumstance; secondly, while our dietary habits were fairly satisfactory when applied to fresh, unrefined foods, they were not so well adapted to modern conditions under which a large proportion of our food was refined and preserved; and thirdly, our standard of what constituted good health was too low.

"Correct feeding means much more than the mere satisfaction of hunger; and our lack of any instinct beyond the appeasing of hunger calls for more widespread knowledge of all that is required," he added. "For a diet to be satisfactory it must contain enough, but not too much, of four principal factors, energy value, protein, mineral salts, and vitamins. The true value of any food must be judged in terms of all these factors. The conditions of modern civilisation compel us to depend to a large extent upon preserved foods. The processes of preservation and refining frequently result in the loss of part of the vitamins and mineral salts. For a food to be 'pure' it should be free from harmful substances, but often the process of purification is carried too far and valuable food factors are removed. The production of white flour is an example. It is always possible to compensate for the deficiencies of any particular foodstuff by consuming more complete foods in addition. The importance of so doing is, however, not sufficiently realised."

"The problems of human nutrition are bound up far more with the quality than the quantity of the food. Frequently—as for example in Russia in 1918 to 1922—the victims of famines have suffered from the poor quality of the food rather than lack of quantity; but the result is as disastrous in one case as in the other. Malnutrition is most common, as might be expected, among the lower economic classes, but the trouble is due to lack of knowledge and to the prominence of incomplete foods rather than to limited financial resources."

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LABOR FEARS UNEMPLOYMENT

(Continued from Page 1)

Dr. Price Gives His Views

BIG QUESTION

THE Leader of the Opposition (Mr. Lacey), discussing British migration, said that he was greatly concerned at the Premier's significant references to migration since his return from abroad.

Mrs. O. Polkinghorne, who is prominent in women's movements and a former president of the Housewives' Association, agreed with the views of Mr. Lacey.

Mr. Lacey said that he had not the slightest doubt that a resumption of migration would aggravate the unemployment problem here. He had no objection to encouraging British migration after our own unemployed had been absorbed. There were in South Australia today British migrants who were in distress, and who desired Government assistance to enable them to return to Great Britain.

TRADE, DEFENCE, DEBTS

In the opinion of the head master of St. Mark's College (Dr. Grenfell Price), Mr. Butler has opened up a subject calling for a tremendous amount of thought and careful research. It called for consideration of a number of co-related problems, such as Australia's import and export trade, our defence, and our overseas debts.

"If Britain presses us it will be essential for us to meet her wishes in some way," said Dr. Price; "firstly because Britain takes about 50 per cent. of our exports, and, secondly, because of our dependence upon her for defence."

Dr. Price said that he doubted whether anything should be done to revive assisted migration until Britain pressed for this, but the question was certainly a live one, and should be investigated.

He frankly confessed that he was unable to offer an opinion offhand on the Premier's contention that the resumption of migration would not necessarily aggravate the unemployment position. Dr. Price urged that the State Government should set up an expert committee to investigate this phase of the



Dr. Price

Premier on English Migration View

England was taking the right view that if Australia were to become a manufacturing country, if England were to continue taking our primary products, and Australia not English manufactured goods, we would have to consider taking British people as immigrants, the Premier (Mr. Butler) told the Leader of the Opposition (Mr. Lacey) in the Assembly this afternoon. He supported that view.

Mr. Lacey referred to Mr. Butler's statement to the Chamber of Commerce yesterday that it would be worth while considering future immigration schemes, and that immigration would not necessarily create unemployment.

He asked whether immigration was to be considered in the near future by the State Government, whether Parliament would be consulted on immigration schemes, and whether it was to be considered by the Premier's Conference.

Mr. Butler said England felt keenly on the question. Her view was that if 20,000 people were settled here 10,000 Australians would gain employment. The British Government would probably like to take the responsibility of bringing people here, and settling them by proper methods.

Parliament would always be consulted on such schemes, and the Government would do nothing to increase unemployment, he said.

News 26.10.35

Adelaide Scientist

In Favor of Right to Die

Should sufferers have the right to hasten their deaths?



Prof. Wilkinson

"In certain circumstances, and provided there is no likelihood of abuse, yes," said Prof. Wilkinson, the professor of anatomy at the Adelaide University today.

He agreed with the powerful group of medical men, churchmen, barristers, and politicians who are leading a "right-to-die" campaign in England, that in cases of suffering from a disease that usually entails a slow and painful death, the sufferer should be allowed to substitute a quick and painless death.

"I feel that in certain cases a competent medical man, who has the confidence of the State, should be given

the power to say 'yes' or 'no,'" Prof. Wilkinson declared.

It often was best that patients should die, especially as they were often kept alive only under the influence of some powerful narcotic. But the power to end their suffering could not be put into the hands of anybody and everybody, he said. It ought to be possible to appoint some representative man from the medical profession to deal with such cases.

"I cannot think of anyone I would like to have the power to decide in my own case," the president of the Y.W.C.A. (Mrs. P. S. Messent) remarked. "I do not believe that anyone should have the power to do that."

Although one hated to see people suffer, she could not support the proposal.