

Dr. C.C.P. Anning has published the results of a valuable study of nutrition conditions among the residents of Benoni, in order to test the presumption that a great deal of ill-health and fatal sickness is due to insufficient or badly-chosen food.

His survey covers 20,000 Europeans and 18,500 Non-Europeans, mostly Africans (33,650 single male Africans rationed in mine compounds were not included).

The average European family income in Benoni was found to be about £350 per annum; the average Native family income about £35. "With few exceptions, the Native families are in a state of poverty".

Whilst European nutrition was found to be, in many instances, defective, as measured by a defined "standard" of food necessary for health and efficiency, such defects were due, not so much to poverty, as to ignorance and bad judgment in the purchase of food.

On the other hand, Non-European nutrition was found to be, not only inadequate in almost all instances, but this inadequacy was quite generally due, not merely to ignorance in the purchasing of a balanced diet, but to sheer inability to pay for a balanced diet.

For all food-groups, the Non-European purchases per head ranged lower than those per head of the European population, and this was found to be true even for bread, meal, rice and other cereals which supply the main food in Non-European households. Above all, the diet of Non-European families is deficient, apart from meal, in eggs, milk, cheese, fresh fruit and vegetables, i.e. in the "protective" foods, containing essential minerals and vitamins, which are necessary as "health insurance".

The practical recommendations made aim both at increasing the individual's knowledge of food-values, and at lowering the cost of food. They include under the former heading, increased education about nutrition, through visual demonstrations and verbal instructions in schools, churches, public gatherings. Under the latter heading, it is suggested that there be facilities for communal buying and storing of food; that milk, cheese and orange-juice be sold at cost at the Municipal Beer Hall; that standholders be encouraged to grow vegetables on their plots; that a list of local current prices of the common food-stuffs be published weekly in every location.

As the same conditions of malnutrition, due to ignorance and/or poverty, are found all over the country, these findings and recommendations deserve the attention of every South African municipality.

/MMcP

Collection Number: AD1715

SOUTH AFRICAN INSTITUTE OF RACE RELATIONS (SAIRR), 1892-1974

PUBLISHER:

Collection Funder:- Atlantic Philanthropies Foundation

Publisher:- Historical Papers Research Archive

Location:- Johannesburg

©2013

LEGAL NOTICES:

Copyright Notice: All materials on the Historical Papers website are protected by South African copyright law and may not be reproduced, distributed, transmitted, displayed, or otherwise published in any format, without the prior written permission of the copyright owner.

Disclaimer and Terms of Use: Provided that you maintain all copyright and other notices contained therein, you may download material (one machine readable copy and one print copy per page) for your personal and/or educational non-commercial use only.

People using these records relating to the archives of Historical Papers, The Library, University of the Witwatersrand, Johannesburg, are reminded that such records sometimes contain material which is uncorroborated, inaccurate, distorted or untrue. While these digital records are true facsimiles of paper documents and the information contained herein is obtained from sources believed to be accurate and reliable, Historical Papers, University of the Witwatersrand has not independently verified their content. Consequently, the University is not responsible for any errors or omissions and excludes any and all liability for any errors in or omissions from the information on the website or any related information on third party websites accessible from this website.

This document forms part of the archive of the South African Institute of Race Relations (SAIRR), held at the Historical Papers Research Archive at The University of the Witwatersrand, Johannesburg, South Africa.