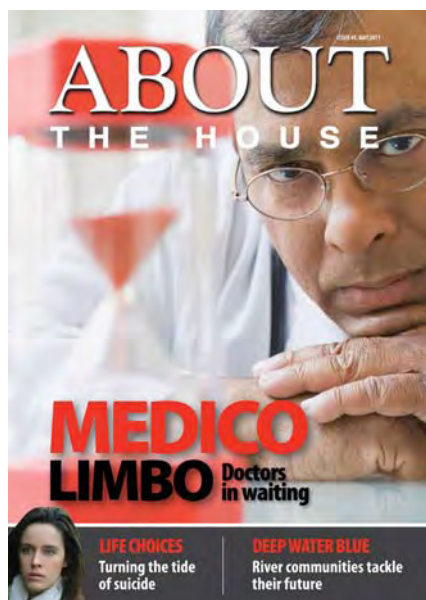


# Despatch BOX



“There are four or five consumables that are destroying our lives.”

## HAVE YOUR SAY

Send your letters to:  
About the House Mail,  
International and Community  
Relations Office,  
PO Box 6021, Parliament House  
Canberra ACT 2600,  
or email: [news@aph.gov.au](mailto:news@aph.gov.au)  
or fax: (02) 6277 8521

Please include name, address and daytime contact details. Letters may be edited to fit available space and for clarity.

## MAIL >>

### GETTING A HEALTHY MESSAGE

A lot more could be done by the health authorities in teaching people how to become healthier. We are experiencing an epidemic in diabetes, one third of the population is overweight, and many suffer from high blood pressure and kidney disease. Bowel cancer is occurring in younger people, all due to a bad diet.

There are four or five consumables that are destroying our lives. They are: fats, sugars, consuming too much meat, alcohol and drugs.

Processed food companies are allowed to get away with using excess salt and sugar. An example is a brand of mushroom soup with 1.5 grams of salt per serve (3 serves from a tin). The soup is too salty to consume (unless diluted). An excess of salt is bad news for those with kidney disease and high blood pressure as it increases blood volume, hence high blood pressure.

The smoking problem is being addressed well. Only high school kids and the slow learners need to become more aware of the outcome of smoking. Perhaps health officials could visit schools and show students specimens of healthy and diseased lungs.

By spending much more money on media ads perhaps the public should get the message. No doubt, like the smoking campaign, it may take years but now is the time to begin. Such a program would be very cost effective and money spent on hospital treatment would go down, making the project very viable.

**Alan Mitchell – Woodlands, WA**

### CARBON READING

I took out a book in my local library at Inglewood in the City of Stirling, WA. I like basic information so it's a junior book – it might help the pollies in both chambers to absorb what it's all about: *Carbon trading* by Alan Trussell-Cullen.

**D Metcalf – Inglewood, WA**



TRULY GRATEFUL: NZ Prime Minister John Key addresses the Australian parliament

## THE PACIFIC CONNECTION

Enduring ties and shared obligations were highlighted when New Zealand Prime Minister John Key became the eighth world leader and the first New Zealand Prime Minister to address the Australian parliament on 20 June 2011.

“In recent times you have shown New Zealand a degree of loyalty and support that only family can, and for that we are truly grateful,” Mr Key said. “New Zealand is committed to your country above all others and for all time.”

Welcoming Mr Key, Prime Minister Julia Gillard highlighted our shared role in the Pacific.

“As vibrant and longstanding democracies, it is our responsibility to nurture younger democracies throughout the Asia-Pacific, to help strengthen their institutions and to promote fairness and opportunity,” she said. “Above all we must pool our strengths to meet the challenges facing our region at this time.”

Mr Key agreed. “New Zealand values Australia’s deep engagement with the Pacific and the cooperation we have with you,” he said. “New Zealand has in recent times sought to elevate our role in the Pacific. It is right that we do so.”