

MEDIA RELEASE 18 July 2013

Rory Robertson calls for bans on sugary softdrinks, fruit juices, flavoured milks and other sugary drinks in all schools in Australia and globally (Who? What? Why?)

1. The proposed bans

x Rory Robertson (RR) - an "economist and former fattie" (see 4. Background, below) – today called on the principals of all schools in Australia and the heads of all schools globally to remove all (remaining) sugary softdrinks, fruit juices, flavoured milks and other sugary drinks from their canteens/tuckshops and vending machines. Sugary drinks matter because they are the largest source of unhealthy sugar in our modern diets. The proposed ban is designed to reduce sugar consumption, probably the single-biggest driver of the disturbing global trends towards obesity and type 2 diabetes, together the greatest public health-challenge of our times (see <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2963518/> and Resources, below).

x A wise dietitian of note once wrote: "Sugar may taste nice but there is no nutritional reason why anyone should eat it". Or drink it! Importantly, RR views the proposed ban on sugary drinks in schools as having great potential to provide a major fillip to Indigenous health in Australia and elsewhere, given that outsized rates of sugar consumption – alongside alcohol and tobacco – are a major driver of the unacceptable "gap" in life expectancy between Indigenous and non-Indigenous Australians: (bottom row of Box 2/Table 2 and "Comments") <https://www.mja.com.au/journal/2013/198/7/characteristics-community-level-diet-aboriginal-people-remote-northern-australia> ; [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/A46F7399BED6C9DFCA25759200166452/\\$File/4724055001_2004-05.pdf](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/A46F7399BED6C9DFCA25759200166452/$File/4724055001_2004-05.pdf)

x RR on this topic is haunted by heartbreaking visions of children of all colours and sizes in many less-well-off areas of Australia and elsewhere, visions of kids sucking down sugary drinks from large bottles, cans and cartons as if they were water, setting themselves up for shorter lives featuring obesity, type 2 diabetes, heart disease and related maladies. He notes that in February 2013 the National Health and Medical Research Council (NHMRC) - Australia's chief health advisor – declared in its revamped *Australian Dietary Guidelines* that "**Milk and water are the [only] recommended drinks for children**" (p. 79 https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_australian_dietary_guidelines_130530.pdf).

x With sugary drinks central to global trends to obesity and diabetes, RR is disturbed that "nothing much seems to have happened" in the six months since February: "Now that we have our kids strapped into cars with seatbelts, and have done what we can to remove cigarettes from their hot little hands, the next step towards improved public health is removing 'sweet poison' from their easy reach". Within a decade or two, RR forecasts, dietary sugar will be near the top of the list of public-health pariahs, alongside tobacco, alcohol and drunk-driving.

x To be clear, RR is talking about "**All drinks with added, infused or concentrated sucrose (table sugar) and/or fructose (fruit sugar)**". His assessment is that "the single-most helpful thing" parents in Australia and elsewhere can do to stop or reverse trends to obesity and type 2 diabetes is to ensure their kids drink only water or plain milk, while minimising – or reducing entirely - the consumption of all sweet-tasting foods, not including up to two pieces of whole fruit per day. RR observes that removing sugary products "promotes appetite control", opening the door to a healthier focus on wholefoods (including meat, fish, eggs, vegetables, wholegrain products and fruit).

x RR notes that the new *Australian Dietary Guidelines* feature a toughening of official dietary advice against added sugar, encouraging Australians for the first time to "limit" our consumption of added sugar, in the same way we long have been encouraged to "limit" our consumption of alcohol: <http://www.abc.net.au/lateline/content/2013/s3693188.htm>

x Importantly, this new, tougher official advice against added sugar was in response to new, stronger evidence for "The association between the consumption of sugar sweetened drinks and the risk of excessive weight gain in both children and adults". Moreover, added sugar is the only foodstuff for which the NHMRC highlights stronger evidence of a need for reduced consumption: <http://www.australianparadox.com/pdf/canberradietary.pdf>

x In particular, the NHMRC is concerned about "excessive weight gain" - a.k.a. our societal trend towards obesity - because: "Overweight and obesity are associated with increased risk of type 2 diabetes, cardiovascular disease, hypertension, metabolic syndrome, some cancers, musculoskeletal conditions, respiratory conditions, sleep apnoea, gall bladder disease, hernia, reproductive disorders, urinary incontinence, fatty liver disease, and depression and other mental health disorders" (p. 13). That's all! Yes, it's worth making the effort as best you can to stop your kids getting fat, or trying hard to reverse overweight/obesity over time (see the obesity-reversing diet in Resources, below).

x **As most people born before 1980 are well aware, sugary drink consumption has increased significantly over our lifetimes.** While hard data for Australia are rather thin on the ground, a series provided by the Australian Beverage Council to the University of Sydney for the decade to 2004 - then updated for 2005 and 2006 - indicates a 30% increase in per-capita sales of sugary softdrinks between 1994 and 2006, from about 35 litres per annum to 45 litres per annum (Slide 14 in next link). Awkwardly, the University of Sydney's highest-profile food scientists self-published a formal "peer reviewed" paper in 2011 claiming falsely that the series indicates a 10% decrease in per-capita sales of sugary softdrinks (Slide 20): <http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf>

x Compounding their errors, Australia's leading academic defenders of added sugar as harmless used their obviously false "finding" – sugary drink consumption trended lower as obesity increased - to "challenge the implicit assumption that taxes and other measures to reduce intake of soft drinks will be an effective strategy in global efforts to reduce obesity" (p. 502 of *The Australian Paradox* paper).

x RR cautions that **the unreliable Australian Dietitians Association, Australian Diabetes Council and Nutrition Australia** cannot be trusted to properly assess the proposed ban on sugary drinks, promoting as they all do the University of Sydney's reckless false "peer reviewed" claim that there is "an inverse relationship" between sugar consumption and obesity in Australia: www.australianparadox.com

2. Problems with Australia's existing bans on sugary drinks in schools

x In terms of limiting access to unhealthy sugary drinks, RR says that some schools in some countries have done a better job than others. "In Australia, a great deal of good work has been done in the past decade in terms of scaling back the availability of unhealthy drinks to kids; unfortunately, the various States' initial bans on sugary drinks in our schools now seem to be rather weak and ineffective". For example:

<http://www.schools.nsw.edu.au/media/downloads/schoolsweb/studentsupport/studentwellbeing/schoolcanteen/softdrinkflyer.pdf>

x Looking forward to more-effective policy, RR's assessment is that at least three factors drive us towards broader, tougher bans:

(i) Evidence that sugary drinks are a menace to public health has become much stronger in the years since "bans" were first introduced in Australia in the 2000s (see previous link), and so the need for children to avoid sugary drinks has intensified (as discussed above and in Resources, below).

(ii) Complicated rules are unhelpful in terms of promoting compliance: <http://www.ncbi.nlm.nih.gov/pubmed/21463405>

(iii) Food and beverage companies naturally respond to narrow rules by engineering new unhealthy choices that contain precisely the right amount of added sugar, salt and fat to slip under the regulatory bar while still maximising the addictive/moreish nature of the product, thus continuing to promote over-consumption by children and adults (see *Salt Sugar Fat* in Resources, below);

x Accordingly, RR reckons: "The time is ripe for a new, simple and effective policy ban on sugary drinks – **Plain water and plain milk are the only drinks available to children** - in all Australian schools, providing a model for schools globally". Indeed, RR argues that other food and drink providers with "captive" children – including hospitals and airlines (see a recent example of the latter in Resources, below) - should scale back access to unhealthy products, embracing his "Plain water and plain milk only" policy. Moreover, RR has a strong view that **doctors and nurses globally should be instructed by their governments to advise their patients – especially in cases involving overweight/obesity and type 2 diabetes – to avoid the sweet stuff, in order to promote reduced weight, increased exercise and improved health.**

x Given (i), (ii) and (iii) above, RR says it is disturbing to discover the extent to which the engineering of unhealthy sugary foods is occurring under our noses. For example, at least one well-known producer engineering sweet beverages for kids and adults adds "cane sugar", "fructose", "corn syrup", "banana puree", honey (more fructose) and/or "stevia extract" to its products, with up to five of those sweeteners sometimes in the one concoction (click on Ingredients in)

<http://www.sanitarium.com.au/products/breakfast/up-and-go-vive/up-and-go-vive-banana>

x In 2012, Dr Rosemary Stanton was surprised to learn from RR in a public discussion that a particularly yummy drink for kids and adults contained added fructose *and* added corn syrup, *on top of* added cane sugar. Long a champion for Australian public health, Dr Stanton's absolutely appropriate response was to rubbish the product: <https://theconversation.com/what-role-does-fructose-have-in-weight-gain-7424>

x By contrast, some of Australia's other high-profile "Dietitians" – often wearing second hats as food-industry service providers - promote sugary "low fat" and "low GI" products as healthy options. One recently rated *CoCo Pops* in sugary drink form as "16 out of 20" in terms of "Nutrition"! (Google it.)

x As Sanitarium above demonstrates, the **fundamental flaw of the Glycemic Index (GI) approach to nutrition** is that it provides an implicit green light to add sugar when public health requires added sugar be removed. Low=good GI readings are 55 and under. Another critical but apparently little-known fact is that adding super-low GI=19 fructose - the “sweet poison” half of added sugar - to any product mix is a recipe for a lower GI reading: check out the yummy low-GI readings for sugary “Coca Cola” (53), “Snickers” bar (41) and “Carrot” cake (36-39) in <http://www.glycemicindex.com/foodSearch.php> ; plus [http://www.foodhealthdialogue.gov.au/internet/foodandhealth/publishing.nsf/Content/D59B2C8391006638CA2578E600834BBB/\\$File/Resources%20and%20support%20for%20reformulation%20activities.pdf](http://www.foodhealthdialogue.gov.au/internet/foodandhealth/publishing.nsf/Content/D59B2C8391006638CA2578E600834BBB/$File/Resources%20and%20support%20for%20reformulation%20activities.pdf) (If the link fails, please google “PDF Reformulating Glycemic”.)

x Notably, Australia’s NHMRC went out of its way in February to dismiss the University of Sydney’s pro-sugar Glycemic/Glycaemic index approach to nutrition as unhelpful and unreliable:

The US review found strong and consistent evidence that glycaemic index and/or glycaemic load are not associated with body weight and that modifying either of these does not lead to greater weight loss or better weight management. [footnote 198] There is considerable variability in these indices, depending on inter-and intra-individual factors and the form of food (including the degree of processing, stage of ripeness, cooking and cooling times), which may limit practical application. [footnote 199] These factors were not included in the literature review to inform the revision of these Guidelines. (p. 20 of Australian Dietary Guidelines)

3. Resources

x This all matters because the consumption of added and concentrated sugar probably is the single-biggest driver of global obesity and diabetes, together the greatest public-health challenge of our times. Moreover, “One of the diseases that increases in incidence with obesity, diabetes and metabolic syndrome is cancer”:

http://www.nytimes.com/2011/04/17/magazine/mag-17Sugar-t.html?pagewanted=all&_r=0

x Insightful books on this issue include: *Salt Sugar Fat* by Pulitzer Prize winner Michael Moss; *Good Calories, Bad Calories* and *Why We Get Fat* by Gary Taubes; *Pure, White and Deadly* by John Yudkin; *Fat Chance* by Robert Lustig; and *Sweet Poison* by David Gillespie, a champion for public health. Sarah Wilson also has begun making an important contribution in this space.

x Here’s a **schoolkid's (revamped) class talk** on the NHMRC’s new anti-sugar, pro-wholefoods *Australian Dietary Guidelines*: <http://www.australianparadox.com/pdf/talktoyear3boys.pdf>

x Here’s a **scientifically approved - and proven - obesity-reversing diet** (scroll down):

<http://www.australianparadox.com/pdf/why-we-get-fat.pdf>

x So, why has it taken so long for everyday people to be alerted to the dangers of modern sugar consumption? As with the now-obvious link between smoking and lung cancer, one important influence has been **industry efforts to conceal key facts**. In the 1950s, “Big Sugar” in the US set out to scramble and mislead science on the links between modern sugar consumption and chronic diseases. Along the way, Harvard University in the 1960s and 1970s became America’s “most public defender” of “modern sugar consumption” as harmless, its “science” reportedly corrupted by heavy funding from the sugar and sugary food industries: <http://www.motherjones.com/environment/2012/10/sugar-industry-lies-campaign>

x Another obvious problem is that it is hard in a practical sense to monitor exactly what “free range” humans are eating and drinking, leaving room for uncertainty about the exact links between particular foodstuffs and chronic diseases. But there is much less mystery these days: for example, **US scientists recently produced overweight/obesity and type 2 diabetes in (captive) Rhesus monkeys** - <http://www.ncbi.nlm.nih.gov/genome?term=macaca%20mulatta> - within 6-12 months, simply by allowing them just one drink - at their leisure, if they liked - each day of 75 grams of fructose via a 15% mix of standard kids’ Kool Aid in 500ml of water: <http://www.kraftbrands.com/koolaid/> ; <http://onlinelibrary.wiley.com/doi/10.1111/j.1752-8062.2011.00298.x/abstract> (Consider two “control groups”: (i) healthy wild monkeys; and (ii) this particular group of monkeys in good health for more than a decade in captivity before “sweet poison” started enriching their lives.)

x Yes, drinking sugar is an excellent way to boost one’s risk of getting fat and sick. So, **how much added and concentrated sugar** did my sons get served up for breakfast on their recent holiday flight north on a very well-known airline? Well, you tell me: the breakfast included (i) two Anzac biscuits (25g total; 8.2g added sugars); (ii) one Lemon and Fig muffin (45g; 9.5g added sugars); (iii) one tub of *Ski D’lite - Peach, Mango, Passion* - “yoghurt” (100g; 13.4g of sugars, some added); and (iv) one bottle of *multi V juice* (250ml; 23g of concentrated sugars/fructose). Given that added (cane) sugar is 50% fructose; sugar in fruit is fructose; and kids typically eat three meals a day plus snacks, would that meal have put my 20-something-kilogram sons well on the way to the 75 grams of fructose that were a disaster for those 16kg monkeys? The point is that many millions of humans are consuming about 1000-2000kg of added sugar in the 20-30 year timeframes over which they become obese and diabetic. Yes, for many, consuming that 1000-2000kg of sugar in food and drinks over 20-30 years = fat + sick.

x In 2012, RR shredded the credibility of the University of Sydney's formal scientific attempt to (falsely) exonerate added sugar as a menace to public health:

<http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf> ;

<http://www.smh.com.au/national/health/research-causes-stir-over-sugars-role-in-obesity-20120330-1w3e5.html> ;

<http://www.smh.com.au/business/pesky-economist-wont-let-big-sugar-lie-20120725-22pru.html> ;

<http://www.theaustralian.com.au/news/health-science/a-spoonful-of-sugar-is-not-so-bad/story-e6frg8y6-1226090126776>

x In 2013, RR revealed that quality control in science at the University of Sydney - and so within Australia's "Group of Eight" university system - is unreliable when it matters, not to say non-existent: www.australianparadox.com

x Interestingly, the University of Sydney authors of the spectacularly faulty *Australian Paradox* paper that sought to exonerate added sugar as a menace to public health also are the food-industry service providers who operate the University of Sydney's pro-sugar *Glycemic Index* business that charges up to \$6,000 per product to stamp particular brands of low-GI sugar and sugary products as Healthy: p.10-11 of <http://www.gisymbol.com/cmsAdmin/uploads/Glycemic-Index-Foundation-Healthy-Choices-Brochure.pdf> ; p. 5 of

[http://www.foodhealthdialogue.gov.au/internet/foodandhealth/publishing.nsf/Content/D59B2C8391006638CA2578E600834BBD/\\$File/Resources%20and%20support%20for%20reformulation%20activities.pdf](http://www.foodhealthdialogue.gov.au/internet/foodandhealth/publishing.nsf/Content/D59B2C8391006638CA2578E600834BBD/$File/Resources%20and%20support%20for%20reformulation%20activities.pdf) (If the link fails, please google "PDF Reformulating Glycemic".)

4. Background on Rory Robertson

x RR was born in Alice Springs in the Northern Territory of Australia in 1966 and has lived in all mainland States and Territories except Western Australia. RR's dad - a Scots Guardsman (No1 Guards Independent Parachute Company) and then an Edinburgh policeman as a young man (before moving to Australia) - once claimed to have won fist-fights in the 1950s and 1960s in every pub in the vast outback region spanned by Broome in the west, Mt Isa in the east and Adelaide and Darwin in the south and north. In response to her sons once reminding her of that boast, RR's mum - for four decades a Nursing Sister in remote Aboriginal communities and elsewhere in country Australia - claimed that she had bailed a bloke out of jail the very next day in some of those places: <http://au.totaltravel.yahoo.com/destinations/maps/australia/>

x In the 1970s, RR was teased unmercifully at school about the outsized nature of one of his body parts (yes, lips!):

<http://www.australianparadox.com/baralaba.htm>

x In 2001, RR's eyewitness account of the September 11 terrorist attacks on the World Trade Centre in New York City went viral, and was republished in many newspapers in Australia and elsewhere: <http://www.australianparadox.com/pdf/RR-WORLDTRADECENTER-9-11-2001.pdf> (RR lived in NYC between 1999 and 2003, mostly on 35th and 3rd with now-wife Gwen.)

x In 2006, RR delivered a **Graduation Ceremony Address** at James Cook University, with some complimentary reviews coming later, from readers who didn't have to sit through 30 minutes of an economist's "wisdom":

<http://www.australianparadox.com/pdf/rorygraduationmar06.pdf>

x In 2007, RR was the first to identify then-Treasurer Peter Costello as Australia's biggest-taxing Treasurer:

<http://www.theage.com.au/news/national/figures-clear-decks-for-budgetreform/2007/04/24/1177180651446.html> ;

<http://www.smh.com.au/news/business/gsts-not-thefinancial-free-kick-costello-says-it-is/2006/07/07/1152240492841.html?page=2>

x In 2009, RR shredded the credibility of Australia's leading house-price "Chicken Little": (the bet)

<http://www.bloomberg.com/apps/news?pid=newsarchive&sid=aBGpZWYKLiWE> ; (the result)

<http://www.bloomberg.com/apps/news?pid=newsarchive&sid=aJua.fRYs1KQ>

x In 2011, RR playing his own version (14 clubs, back tees, no cart, no caddy, no running) of "Speed Golf" - a scoring system that values minutes taken the same as shots played over 18 holes - set what he claims is the true course record - 79 shots in 110 minutes, and so 189 "off the stick and on the clock" - at the famous NSW Golf Club: <http://www.nswgolfclub.com.au>

x In 2012, RR documented that the **Food and Agriculture Organization of the United Nations** is an unreliable publicly funded entity that falsifies published data when it suits (Letter 7): <http://www.australianparadox.com/pdf/FAOfalsifiedsugar.pdf>

x In 2013, RR claimed a unique **fishing "Grand Slam"** involving nearly 2.5 combined metres (eight feet) of (i) first-time Barramundi in Australia's Northern Territory (photo by Nick Beckett) plus (ii) ugly European Carp in Sydney's Centennial Park plus (iii) poison-pronged native Catfish in Cape York: <http://www.australianparadox.com/pdf/RR-Fishing.pdf>

x **RR completed his First Class Honours degree in Economics at James Cook University in 1987 and a Master of Economics at the Australian National University in 1991. He was awarded a prestigious Reserve Bank of Australia Cadetship in 1985,**

before working for the RBA from January 1988 until January 1994, when he left to work for Chris Caton at Bankers Trust. RR these days claims to have been a competent applied macroeconomist for a quarter of a century. Of course, those who spent an extended period on his old BT-Macquarie distribution list - for a year or two up to a decade or two - may be able to provide a more-objective assessment of RR's competence as a professional analyst. Here's a hastily cobbled-together sample:

Aaron Patrick, Adrian Rollins, Aisling Freiheit, Alan Kohler, Alan Mitchell, Alan Wood, Alex Shuman, Alison Payne, Alison Tarditi, Allan Moss, Andre Morony, Andrew Downe, Andrew Gill, Andrew Peden, Anthony Dickman, Athanasios Orphanides, Becky Gaylord, Ben Mills, Bernard Kellerman, Bernie Fraser, Bill Dudley, Bill Moss, Brendan Trembath, Brett Allender, Brian Blackstone, Brian Doyle, Brian Madigan, Brian Redican, Brian Toohey, Bruce Hockman, Chris Aylmer, Chris Caton, Chris Joye, Chris Kent, Chris Ryan, Chris Zappone, Christopher Towe, Clancy Yeates, Colin Dwyer, Craig Phillips, David Bassanese, David Gruen, David Hale, David Hudson, David Uren, David Wessell, Deirdre Macken, Dennis Gartman, Dick Schumacher, Don Stammer, Dominic McGann; Dominic Wilson, Doug McTaggart, Emma Alberici, Enda Curran, Fiona Fawcett, Frank Ashe, Garry Shilson-Joslin, George Megalogenis, Geoff Bowmer, Geoff Heenan, Geoff Weir, Gerard Baker, Gerard Henderson, Gordon de Brouwer, Glenn Stevens, Glenn Withers, Glynn Phillips, Graeme Jolly, Greg Coffey, Greg Ip, Greg Matthews (the investor, not the cricketer), Greg Murfet (the investors' friend, not the golfer), Guy Debelle, Guy Drummond, Harry Notaras, Heather Ridout, Heather Smith, Holly Lindsay, Ian Amstad, Ian Cassie, Ian J. Macfarlane, Ian Martin, Ian Matheson, Ian Saines, Ivan Colhoun, Jacob Greber, Jacqui Dwyer, Jake Saulwick, James Glynn, James Whitelaw, Jason Szep, Jeff Oughton, Jeremy Rudd, Jennifer Hewett, Jenny Wiggins, Jenny Wilkinson, Jenny Sillar, Jessica Irvine, Jill Pleban, Jim Barron, Jim Parker, Joanne Collins, Joanne Gray, Jocelyn Parker, John Berry, John Dodsworth, John Durie, John Edwards, John Garnaut, John Kunkel, John Llewellyn, John Mair, Jon Hilsenrath, Jonathan Kearns, Julie Kozak, Justin Wolfers (before he was a superstar!), Karl Mayer, Ken Henry, Kumar Phalgat, Larry Hore, Laura Tingle, Linda Kole, Louis Christopher, Luci Ellis, Luke Sullivan, Malcolm Edey, Malcolm Maiden, Mark Britten-Jones, Mark Crosby, Mark Gongloff, Mark Rider, Mark Thirlwell, Martin Parkinson, Matt Wade, Matthew Cranston, Matthew Jones, Max Walsh, Michael Andersen, Michael Janda, Michael McKee, Michael McNamara, Michael Pascoe, Michael Stutchbury, Michael Wesley, Michelle Grattan, Mike Steketee, Mike Thomas, Mike Walsh, Nicholas Moore, Nick Beckett, Nick Gardner, Nigel Bailey, Nigel Dews, Paddy Jilek, Pam Woodall, Patrick Barta, Paul Bide, Paul McCulley, Paul Moy, Paul Murray, Peter Crone, Peter Crossman, Peter Hartcher, Peter Jonson, Peter Martin, Peter Munckton, Peter Switzer, Peter Tulip, Peter Warne, Phil Baker, Phillip Lasker, Philip Lowe, Philip Moffitt, Rob Scott, Robert Gottliebsen, Robert Weatherdon, Rodney Jones, Rodney Payne, Ross Gittins, Ross Youngman, Rowan Ross, Ric Battellino, Rich Miller, Russell Maddox, Scott Murdoch, Sean Aylmer, Sean Keane, Shane Oliver, Shane Wright, Shemara Wikramanayake, Simon Guttman, Simon Kennedy, Stacey Tevlin, Stephen Long, Steve Burrell, Steve Dawe, Steven Dunaway, Steve Grenville, Steve Miller, Tam Bayoumi, Tendai Gregan, Terry McCrann, Tim Callen, Tim Colebatch, Tim Riddell, Tim Stewart, Tim Harcourt, Tom Allard, Tom Dusevic, Tom Switzer, Tony Brennan, Tony Richards, Vincent Lo Blanco, Warren Bird, Warren Tease, Warwick McKibbin, Wayne Cole, William Pesek, Yifen Axford. (Please get in touch if you would like in or out of that sample.)

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rory robertson

**[economist and former-fattie](#)
[now fairly fructose free!](#) 😊**

Readers, if you think the proposal for banning all sugary drinks in all schools globally has merit, please forward this piece to parents, students, teachers, principals and heads of schools, nurses, doctors, dentists and others involved in public health and education.

www.strathburn.com

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Torres Strait Islander teenagers. Check it out at <http://www.strathburn.com/yalari.php>

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<http://www.strathburncattlestation.com.au/location.php> Yes, we have the iconic Palm Cockatoo but probably not the Golden-Shouldered Parrot and almost certainly not the recently rediscovered Night Parrot (welcome back!):

<http://www.abc.net.au/news/2013-07-03/man-claims-to-have-filmed-the-rare-australian-night-parrot/4796342>

strathburnstation@gmail.com - Comments, questions, criticisms, compliments - whatever - are welcome