

What a thought-provoking series 'E Numbers: An Edible Adventure' (BBC2) is. It's interesting to know where E numbers come from, what they can do and that some are safer than we think. Thank you.

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Dear Sir

I've been a member of the Romantic Novelists' Association (RNA) since 2002 and can reiterate what Katie Fforde said (WM February). The RNA are a bunch of very friendly and helpful writers, having been to a few of their conferences and lots of chapter meetings. So if you write romance or books with romantic elements in and don't belong to the RNA, then think of doing so. It's worth it and you'll get friends and advice for years.

Yours faithfully

Julie Day (Miss)

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Dear Sir/Madam

I was interested to read the article 'Is your tap water poisoning you?' by Roz Lewis (NH January 2010) about fluoridising water. I have already read that there is a debate about whether fluoride is good for teeth or not, which was why when I was told by a dental hygienist that I needed to use fluoride, I compromised and bought a toothpaste without fluoride in (Dr Organic's Aloe Vera toothpaste by Holland and Barrett) and a mouthwash with fluoride in, this way I won't digest any fluoride. But after reading what happened to Sky Standen as a child and with Elaine Kelly and her husband using fluoride, I am not sure now if even using a mouthwash with fluoride is a good idea. It is a debate that will be ongoing I believe. Thanks again for highlighting the debate on fluoride use.

Yours faithfully

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Dear Sir/Madam

Thank you for showing the photos of your Green Guardian Awards. It's very heartening to see so many more people who have the same passion as me about helping the environment. All it needs now is for Lewisham Council to get moving and find a company who can help them recycle more plastics, so its residents can do the same. I can't wait for that to happen, and I am sure I am not the only one. Come on Lewisham Council.

Yours faithfully

Julie Day (Miss)

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Dear Sir/Madam

'Get Your House in Order' by Aggie Mackenzie (February issue) is a very good idea and one that I do over the new year holiday. I usually start with one room and go to the next and then move upstairs. I did it this year and cleared a lot of old paperwork out. If you do it in the new year, you'll feel motivated to keep it up for the rest of the year. I'm still decluttering now.

Yours faithfully

Julie Day (Miss)