

## PUBLIC HEALTH

# Well-Fed Children Protected Against Ills, Research Shows

WITH the precision of an engineer testing the efficiency of a locomotive by measuring its input and output, nutritionists have analyzed the food eaten by children, the part consumed and the part not used in an effort to determine the amount of food needed by the body to keep it in the best condition for warding off disease. This work was done in Detroit by Drs. Frances Cope, Helen A. Hunscher, Charles A. Wilson and Icie G. Macy at the Laboratory of the Children's Fund and in cooperation with the Children's Village.

The research sought knowledge by which the child's body may be built stronger so that it will better withstand attacks of disease later in life. The report declared that the body, when adequately nourished, has remarkable powers of resistance to disease and adverse conditions.

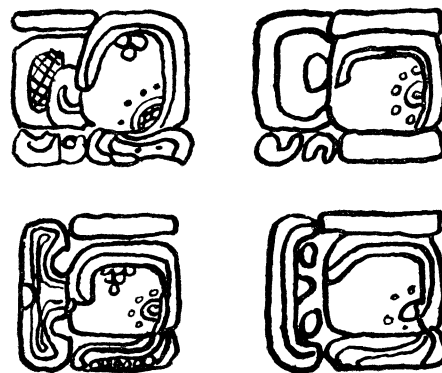
Studies made so far indicate that satisfactory growth may fluctuate and is not constant from day to day even un-

der the most rigidly controlled dietary and living conditions. It was pointed out that a sufficient quantity of the proper foods should be eaten to meet the demands of greatest growth and also to allow a margin of safety beyond actual demands.

Seven children from four to ten years of age were tested. Analysis of food used by the body and that not used revealed the actual amount of calcium, magnesium, sodium, potassium, sulfur, phosphorus and chlorine stored, the rate of storage as related to growth, and the interrelationship of the individual elements with each other in the building of the various body tissues.

"Individual children stored minerals in different amounts, even on an identical diet," the research workers explained. "Furthermore, each child showed variations in his utilization from period to period when kept on a constant food intake."

*Science News Letter, September 30, 1933*



FIFTEEN YEARS

## ARCHAEOLOGY

## New Sign in Mayan Writing Deciphered

WHEN the meaning of a single Mayan hieroglyph is discovered it is practically a field day in American archaeology. About ten times in the past twenty years some scientist has added another hieroglyph to the list that can be deciphered. This time it is J. Eric Thompson of the Field Museum who has made a contribution, by identifying the sign that means 15 Tuns, or approximately 15 years. (SNL, Sept. 23, 1933, page 206).

Above are shown two ways in which the Mayan Indians of Yucatan wrote 15 Tuns (from drawings by S. G. Morley). Below are signs for 5 Tuns. The Mayas who carved hieroglyphs on stone or painted them in books thought it permissible to vary the glyphs so long as the essential features were easily recognized—just as today some writing is plain and some is fancy.

The word Tun, meaning stone, probably came to be used for the period of 360 days because a stone monument was customarily set up each 360 days or multiple of that period. Though the Mayas kept records in this manner, they were well aware that the solar year is five and a fraction days longer than 360, and their astronomers were more accurate in some ways than Europeans of the same age.

*Science News Letter, September 30, 1933*

A South American Indian who claims descent from the Incan chiefs of ancient Peru is working to restore the old Incan regime.

Lighthouse service workers report that sea lions have taken a lighted whistle buoy off Cape St. Elias, Alaska, as a favorite perch.

## First Glances at New Books

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## Hygiene

HOW TO STAY YOUNG—Robert Hugh Rose—*Funk and Wagnalls Co.*, 195 p., \$1.50. The author of this book believes the secret of long life lies in abstemious eating. He cites the well-known examples of Chauncey M. Depew, Thomas A. Edison, John D. Rockefeller, Daniel Frohman and Louis Cornaro. Medical scientists will not quarrel with his plea for moderation in eating, even though they will not all agree that long life is to be attained thereby.

*Science News Letter, September 30, 1933*

## Ethnology

YUMAN TRIBES OF THE GILA RIVER—Leslie Spier—*Univ. of Chicago Press*, 433 p., \$4. Aided by elderly Indians who remember the old tribal ways, Dr. Spier has pieced together a remarkable picture of life among the little-known Yuman tribes in southern Arizona. Especially interesting is the section of the book telling of the importance of dreams to those people. "Dream experience was at the bottom of all success in

life," writes Dr. Spier, "and as such was their constant preoccupation. Learning was displaced by dreaming, and while it was recognized that an individual acquired skill by practice or imitated songs on hearing others, his activity or knowledge would be neither wholly successful nor significant unless he had dreamed."

*Science News Letter, September 30, 1933*

## Radio

HOW TO BUILD AND OPERATE SHORT WAVE RECEIVERS—Various Authors—*Short Wave Craft*, 72 p., 50c.

*Science News Letter, September 30, 1933*

## General Science

PROCEEDINGS OF THE UTAH ACADEMY OF SCIENCES, 1933—*Utah Academy of Sciences*, 183 p., \$2.50.

*Science News Letter, September 30, 1933*

## Protozoology

THE FORAMINIFERA OF THE TROPICAL PACIFIC COLLECTIONS OF THE "ALBATROSS," 1899-1900—J. A. Cushman—*Govt. Print. Off.*, 79 p., 19 pl., 15c.

*Science News Letter, September 30, 1933*