

Delay Sewing War Wounds

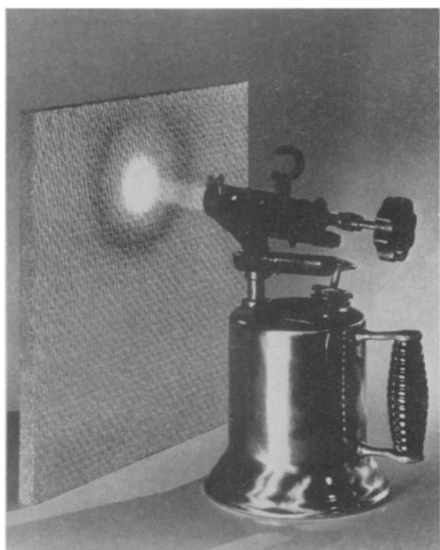
WAR WOUNDS in which the skin and tissues are badly torn should not be immediately sewed up, Dr. Frederic W. Bancroft, of Columbia University College of Physicians and Surgeons, warned fellow surgeons.

French army surgeons after experience in the present war all warn of the dangers of primary suture—that is, sewing up the wound the first time the surgeon sees it—in war wounds.

The ideal conditions of a healthy patient, clean skin, wound made by a relatively sharp and clean instrument, repair of the wound within six hours after it was inflicted, and opportunity for the surgeon to use meticulous care in treating the wound and to watch it during the time it is healing, are hardly likely to be found in war surgery. But unless these conditions are present, Dr. Bancroft advises against primary suture of wounds.

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There are 18,000 kinds of *jobs*, but only one young person in four leaving school or college is properly prepared for work or has any clear idea of what job he should seek, says the American Youth Commission of the American Council on Education.



WON'T BURN

Non-inflammable lath board is now on the market. (Fir-Tex Insulating Board Co.) It is made of minute flakes of a non-metallic mineral which originates in mica. These are interlaced with wood fibers so that there are millions of microscopic fire-walls in each panel. A partition so constructed was tested and prevented the spread of fire from one room to another for more than an hour.

NUTRITION

U. S. Army May Eat Bread Enriched With Morale Vitamin

American Soldiers Will Continue To Be Best Fed Fighting Men; Study Enrichment of Several Foods

FEEDING soldiers of the U. S. Army bread fortified by the morale-building B vitamins, which would make them better fighters, is being considered by the Quartermaster Corps.

"American soldiers are, and will continue to be, the best fed fighting men on earth," Major Paul Logan, food expert of the Army Industrial College, assured the American Dietetic Association, meeting in New York.

Plans and experiments under way, he said, are aimed toward assuring a balanced diet to American soldiers, in peace or fighting conditions. Strain on body and nerves which modern warfare causes with its lightning speed, whirlwind devastation, and nerve-shattering machines, Major Logan said, means that an army must be fed not only enough food but all the constituents of a properly balanced diet.

"Considerable attention is now being given," he stated, "to the possibilities of enriching certain foods—such as cereals—with vitamins, particularly those of the B complex, and also with certain minerals."

Dehydrated foods are also undergoing tests. These require little space and therefore would help the Quartermaster Corps in its continual battle to ship as much food in as little space as possible.

Soldiers recently ate, and praised, a test dinner prepared entirely from dehydrated foods except for the meat and gravy, Major Logan reported. The menu, he said, included cream of tomato soup, roast beef with brown gravy, mashed potatoes, creamed carrots, cole slaw, cranberry jelly, apple and pumpkin pie.

A pound of cranberry flakes "gross weight," expands to serve 109 soldiers, whereas a pound of canned cranberry jelly represents only six and one-half servings.

While food value of the dehydrated preparations is apparently equal to that of canned foods, the army food specialist said that tests are now being conducted by the Nutrition Committee of the National Research Council to obtain accurate information as to the vitamin and

mineral values which the dried foods contain.

This nutrition committee, headed by Dr. Russell Wilder, is studying problems of vitamins and mineral sufficiency in the military diet in collaboration with the Surgeon General and the Quartermaster Corps of the Army.

Science News Letter, November 2, 1940

Americans Lack Vitamin B

THE AVERAGE American consumes too little vitamin B for grade A health, Dr. Norman Jolliffe, of the New York University College of Medicine, warned dietitians.

This vitamin, which has proved so complicated that it is now technically called the vitamin B complex, is known to contain at least 12 fractions, Dr. Jolliffe pointed out, addressing the American Dietetic Association. Five of the fractions are available in crystalline form for clinical use.

Lack of this vitamin, which occurs in such foods as milk and eggs, whole grains, liver, and some other meats and fresh vegetables, is held responsible for a variety of ills, including some cases of neurasthenia, pellagra, an eye malady, and a nervous disease which until recently was 100% fatal.

Dr. Jolliffe advised nutritionists to look out for vitamin B deficiency in diet of the following:

1. Low income and poverty stricken groups.
2. Persons with bad dietary habits and food idiosyncrasies.
3. Alcoholic addicts.
4. Patients with diseases which alter the requirements of this vitamin.

Vigorous use of nicotinic acid, one factor in vitamin B, has spectacularly reduced mortality from 100% to 15% in the nervous disease known as encephalopathy, which is now known to be caused by acute lack of this food factor.

While not all neurasthenia is caused by too little thiamin—another fraction of vitamin B—in diet, Dr. Jolliffe stated that lack of this vitamin plays a larger