

NUTRITION

Britain Better Fed

Wealthy people are eating less, but the poor are getting richer diets since war rationing than they did before the war. Child health is better.

► COMFORT for Americans disturbed by the prospect of one cup of sugarless coffee per day, at least one meatless day per week and probable restrictions in butter and in variety of vegetables, appeared in the report of Sir John Boyd Orr, director of Great Britain's Imperial Bureau of Nutrition, to the American Public Health Association.

Britain in the fourth year of war is down to something like iron rations, with all luxury foods cut out, but the diet of the people in Britain from the viewpoint of health is about as good as it was before the war, Sir John declared. There are no signs of malnutrition, and child health is actually better than before the war.

Wealthy people are eating about one-third less food than before the war, while the poor are getting diets much richer in vitamins and minerals. Drastic changes in the national diet have been brought about, Sir John said, with almost complete absence of grumbling. There is no food hoarding; it is definitely not the thing to do, according

to universal public opinion in England.

Britain has won the war on the food front partly through lend-lease shipments of food from America, for which Sir John expressed heartfelt gratitude to the United States and Canada, and partly through greatly increased production of food and milk at home. The amount of land under the plow in Britain now is 50% greater, representing an increase of six million acres, than it was before the war, when two-thirds of England's food was imported. There appears to be no farm labor man-power problem in Britain. Men, women and children, Sir John said, all work in their gardens and allotments after they have finished their day's work in factories, offices and schools.

England intends to win the peace on the food front by keeping home production up to a two-thirds increase. Sir John warned that America will have to increase her food production greatly for the job she and the British commonwealth of nations must do to avoid post-war defeat on the food front.

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are to maintain high production of bread grains and sugar beets, and expand production of oil-bearing plants, vegetables, potatoes and fodder crops.

Production of rapeseed, the chief oil-bearing crop, for example, has been more than tripled during the past three years.

Although there has been a continued deterioration in the food situation in Germany, compared with the 1916-18 period, the fat and oil rations are three to four times as great, sugar rations double, and even meat allowances are somewhat higher than those of World War I.

But some meat preparations, like pork sausage, are no longer made wholly or even predominately of meat. Sausages are now made of a small amount of pork mixed with a large quantity of soybean meal and sometimes cereals. However, the high-protein soybeans are nearly a complete substitute for meat, many nutritionists have pointed out, so this is not as bad as it may seem.

"War bread" is another example of the Nazi food-stretching policy. Besides whole wheat flour, bread also contains rye, and barley has recently been added.

Nazis have had to take up their belts a good many notches, Miss Farnsworth indicates, but reduction of total calories consumed per capita seems to be small compared with their restricted diet during the last war.

"The strict food-rationing system with its special allowances for heavy workers, the establishment of government-sponsored industrial canteens, and the governmental price-stabilization program which has prevented prices of the scarcer 'protective' foods from advancing to levels at which only the rich could buy, have all contributed toward proper feeding of the German civilian population," Miss Farnsworth declares.

"In addition, the distribution of vitamin C tablets to urban children and expectant mothers, the required fortification of margarine with vitamin A, the governmental milk program for children, and sponsorship of ersatz products made from soybeans and/or other protein-rich and vitamin-rich foods have probably gone far to prevent malnutrition among German civilian consumers," she concludes.

Investigations have determined the specially balanced meals for the armed forces which are adapted to the various conditions of army operations.

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German Nutrition Fair

Although some foods are scarce, the total calories consumed by each person is much higher than during the World War. Even meat is more plentiful.

► GERMANY WILL NOT face the food difficulties this winter, in all probability, that she did during the later years of the first world war, predicts Helen C. Farnsworth of the Food Research Institute of Stanford University in a report on *Wartime Food Developments in Germany*.

Even recent heavy air raids will not appreciably affect the food situation, she believes, although a severe breakdown in transportation might bring about such a result.

Food reserves in the Reich are reported as still sizable, though lower than last year.

In contrast to the last war, Germany's farm-production and marketing system is much more efficiently operated. But labor shortage, especially since the Russian campaign, has become an increasingly acute problem. The most recent information reported that 800,000 war prisoners had been put to work. Nearly 2,000,000 foreigners, in all, are now thought to be working on German farms. Despite the much tighter labor-supply situation, there seems to be no indication of the extreme labor shortage that was evident in 1916, Miss Farnsworth reports.

Principal nutritional aims of the Nazis