



**FLYING NUN**—The only Catholic Sister to hold a civilian pilot's license uses these model airplanes in teaching aeronautics at Catholic University this summer. Her students are in training to conduct high school pre-flight courses next fall.

## AERONAUTICS

## "Flying Nun" Will Teach Aeronautics at University

► SISTER M. Aquinas, O.S.F., the only American "flying nun" who holds a civilian pilot's license, will teach aeronautics at Catholic University in Washington this summer.

Sister Aquinas is a member of the Franciscan order. She wears the traditional habit of her order when she flies, and she says it gets less in her way when she is flying than when she scrubs floors.

Two courses will be given under the "flying nun's" direction. The first will be tuition-free and is given under the direction of the Civil Aeronautics Authority. Another, longer course will be a part of the regular summer session of the university. Both are intended to provide high school teachers with intensive instruction for teaching pre-flight aeronautics classes.

Sister Aquinas is a university graduate in physics and is instructor in science and aeronautics at Ambrose High School in Ironwood, Mich.

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## CONSERVATION—NUTRITION

# Deplores Farming Evils

Food shortage may become permanent in America as destructive farming practices waste land through erosion, speaker warns at Conservation Conference.

► FOOD SHORTAGE may become a permanent, gaunt, unwelcome guest at the American table, instead of the fleeting specter it is now considered to be, if bad farming practices of the past are projected into the future. Such was the warning of Louis Bromfield, novelist-agriculturalist and vice president of Friends of the Land, before the meeting in Tar Hollow, Ohio, of the Second Annual Conference on Conservation, Nutrition and Human Health.

Farms increase in size and diminish in number from decade to decade, Mr. Bromfield pointed out, deploring the passing of the small farmer with his family-sized farm.

Factory methods on the farm, especially the practice of concentrating on the production of a single cash crop over wide sections, the speaker regarded as especially pernicious.

Mr. Bromfield also pointed out our national failure to replace our forests as fast as they are being depleted:

"This was largely a forest country and for more than a hundred years we have been cutting down forests recklessly, until now even the worst offenders, the lumber and paper-pulp industries, are alarmed over the fact that in a few more years their supply of raw material will largely have vanished. And this at a time when the uses of wood are supplanting metals, wool and other fundamentals to a degree which establishes what might be called a 'wood economy'.

"Worst of all, little effort has been made to restore our forests. We have only to look at Europe to realize the vital importance of trees, not only to peace but to wartime economy. . . . Forests require lifetimes to grow. They are not made over night."

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## Humans Need Mineral Salts

► MINERAL SALTS in our food, mentioned nowadays in a rather vague and general kind of way, need to have far more specific attention, Maj. Zolton T. Wirtschafter, chief of the section of civilian medicine and industrial hygiene,

Army Medical Corps, declared before the conference.

Current nutritional discussion gives great prominence to vitamins along with the older trilogy of carbohydrates, fats and proteins, but water and mineral requirements still receive only slight emphasis, the speaker pointed out. Yet for normal health the body needs some 15 distinct mineral elements. Moreover, for most of them its requirements are quantitatively very specific; too little of any given element will be followed by certain definite symptoms of ill health; too much of at least some of them will provoke other maladies.

Requirements for minerals change from age to age. Thus the unborn infant's tissues contain much more sodium than those of a newborn child, and more than twice as much as those of an adult. The bone-building elements calcium and phosphorus, on the other hand, are present in much smaller quantities in babies than in grownups.

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## Iodine a Critical Mineral

► THE CRITICAL ROLE of iodine in human physiology was discussed by Dr. George M. Curtis of the Ohio State University. One ill that has been spared our enemies, the Japanese, almost altogether is goiter, he pointed out. This is because of their widespread use of seaweed as food; seaweed contains iodine which prevents the distressing swelling of the thyroid gland.

Although the goiter-preventing activity of iodine is perhaps its best known health-preserving effect, it is apparently necessary for the maintenance of normal bodily functions in a number of other less conspicuously marked ways, and even for the sustaining of good mental health.

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## Soil for Human Nutrition

► GETTING MINERALS into the human system is a kind of chemico-biological triple play: soil to food to us.