

## NUTRITION

# Diet Restores Disabled

Every one of 100 workers were restored to health and put back at work as result of specific dietary treatment, physician reports.

► THE POSSIBILITIES of increasing the nation's manpower by dietary means illustrated in a report by Dr. Tom D. Spies, of Birmingham, Ala. (*Journal, American Medical Association*, July 31).

Every one of 100 disabled workers was restored to health and able to go back to work as a result of specific dietary treatment. They are not only working but able to earn enough to provide for themselves and families the kind of diet necessary to keep them well.

They have jobs in mines, steel mills, saw mills, cotton mills, department stores, airplane plants and various other industrial and commercial establishments. Not only they but their families are in better health as a result of their having learned what constitutes a good diet as well as being able to

provide such a diet through earnings.

These 100 rehabilitated workers are part of a larger group Dr. Spies has been studying since 1930 when he realized that persons with diseases due to faulty diet "were unbelievably weak and listless."

Diet treatment is not a panacea for every weak, listless but willing worker, he points out. Those who do not have nutritional deficiencies will not be benefited by it.

Included in the 100 rehabilitated workers is one young man, now about to enter the armed forces, who at the age of 15 was unable to walk or stand alone, to feed himself or even hold a glass, and who cried much of the time because of intense, persistent pain in his legs and arms. The boy's father worked in a steel mill, had a good income and

provided an adequate diet for the family even in the not too economically rosy 1930's. The boy got sick because "from the time he was old enough to eat solid foods he preferred bread, deserts and sweets to any other foods" and lived chiefly on these. Treatment with a diet that supplied the minerals, vitamins, and proteins his body had been starving for cured him.

No finicky appetite but a diet of only grits, corn bread and syrup eaten by a man who lost his job during the depression and wanted to make as little inroad as possible in the family's small food supply led to the nutritional breakdown of another of the patients. He got so weak he could not have worked if he had been able to get a job, and his mind became disordered. The mental symptoms grew so violent his wife was about to have him committed to an institution for treatment of mental diseases. The physician called recognized that his trouble was due to pellagra from poor diet and sent him to the Nutrition Clinic at Hillman Hospital where proper dietary treatment brought him back to health and working efficiency.

*Science News Letter, August 7, 1943*

## PUBLIC HEALTH

## Infantile Paralysis Cases Increase Again

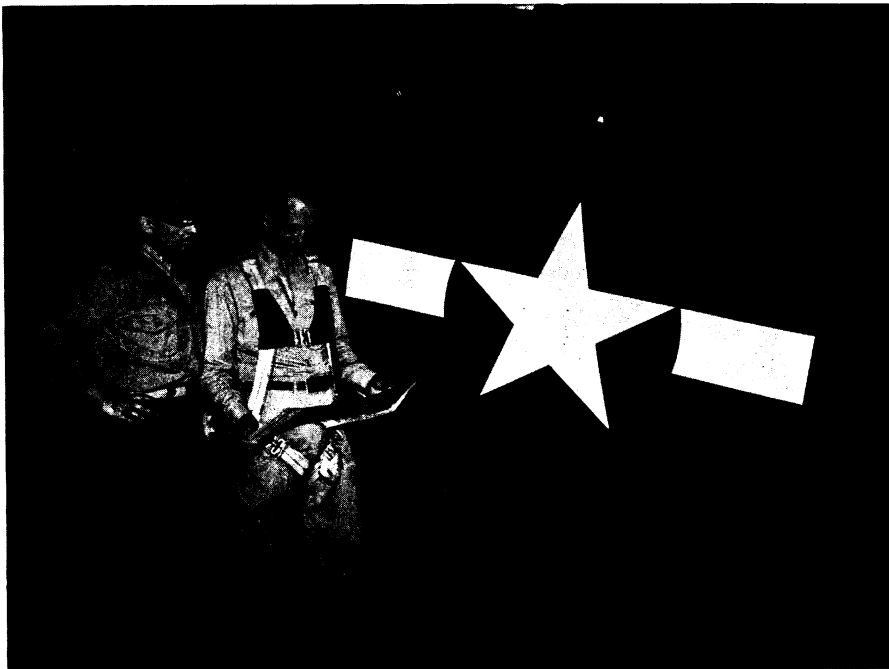
► INFANTILE paralysis cases continued to increase, with the southwest still bearing the brunt of the incipient epidemic, latest figures reported to the U. S. Public Health Service show.

The total for the nation rose during the week ending July 24 to 324, as compared with 297 for the previous week. The July 24 total may be even higher when the report from Colorado comes in.

California reported the largest number of cases, 111, compared with the previous week's 90 in that state. The figures dropped a little in Texas, from 102 to 96, but rose in Oklahoma from 39 to 42. Perhaps signifying that the disease is spreading is the report of 10 cases in Louisiana, which reported none the previous week. Cases in Illinois increased from two to seven.

Kansas, with seven cases the week ending July 17, reported none for the week ending July 24. During the same period cases decreased from 11 to 10 in New York State and from seven to six in Arkansas. No other state reported more than five cases.

*Science News Letter, August 7, 1943*



**NEW INSIGNIA**—U. S. Army Air Forces personnel have no desire to have one of our own planes mistaken for those of the rising sun. So the old insignia, which was confusing at a distance, is replaced by this new one. The officers standing beside the plane are Col. Thomas W. Hastey, Commanding Officer of Bolling Field, D. C., and a member of his staff, Maj. Clark Coleman.