

## NUTRITION

# Three Squares Needed

**Food pill won't replace mother's cooking, says biochemist. Only one person in four is on adequate diet, it is estimated.**

► "IN SPITE of the advances in food technology, one can't look forward to eating a pill for a meal, as a person still needs over two ounces of protein and approximately 2500 calories per day," Dr. Roger Truesdale, consulting research biochemist, reminded his hearers at the Institute of the National Association of Sanitarians.

"We have acquired tastes not in accord with our nutritional requirements, so that according to the U. S. Department of Agriculture only one out of four persons is on a completely adequate diet, and Brig. Gen. H. B. Hershey of the Selective Service reported that one-third of the first million men examined were rejected because of ailments traceable to nutritional deficiencies."

To this Dr. Truesdale added the findings of Dr. Thomas Parran, Surgeon General of the United States Public Health Service that every day one out of twenty people in the United States was too sick to attend school or work, and that the average oldster is sick in bed thirty-five days a year, and the youngster seven.

Dr. Truesdale pointed out that research is being carried on to correlate nutrition with physiological degeneration. Some studies such as those carried on by Dr. Weston A. Price, Fellow of the American Anthropologists, and member of the research commission of the American Dental Association, seem to show that racial stocks living on a simple native diet of whole grain cereals, dairy products, marine products, organs and blood of animals, and fruits and vegetables showed one tooth in every thousand examined having a cavity, as compared with the same type of people living on a modernized diet having approximately 200 to 500 teeth per thousand with cavities.

One item in the faulty average diet is revealed by the fact that in 1793 the per capita consumption of sugar in the United States was 8.8 pounds, while today, 150 years later, it is 118 pounds. Dr. Truesdale summarized the findings of the Gallup poll, cited by a National Research Council Committee, by stating that 45% of adult Americans used no

tomatoes, citrus fruits, or juices in their daily dietary pattern; 38% no egg; 34% no milk or cheese; 25% no green leaf or yellow vegetable; 12% no meat, fish or poultry; 8% no potatoes or fruit; and 3% no whole grain or vitamin-enriched cereal or bread.

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## MEDICINE

## Navy Hospital Successful In Use of Red Blood Cells

► BLOOD is made to do double-duty at the Philadelphia Naval Hospital, where 116 infusions of red blood cells have been used in the treatment of anemia.

The red blood cells used were actually a waste product, as large quantities are usually discarded in the preparation of plasma for use in treatment of shock.

Three Navy doctors report (*Journal, American Medical Association*, Aug. 14) that half the patients requiring blood transfusions in a large hospital need only the red blood cells. This dovetails beautifully with plasma production for the armed forces.

There were only two cases in the 116 uses of red blood cells that caused any difficulties, and only a few cases (4 out of 72 carefully studied) failed to show improvement.

The Naval surgeons who conducted the tests were Lieut. Clifford K. Murray, Lieut. Comdr. Donald E. Hale, and Capt. C. M. Shaar.

*Science News Letter, August 21, 1943*

## NUTRITION

## Invalid Food Package Now Reaching Prisoners

► NEW RED CROSS invalid food packages and medicine kits are now reaching American fighters who are prisoners of war.

The invalid package, which replaces the standard food package, is designed to give prisoners who are sick or wounded better nutrition. One 11-pound package will be supplied weekly to each prisoner in poor health.

It contains ascorbic acid to supply vitamin C, lump sugar, dehydrated soup,

coffee, chocolate, liver paste, biscuits, pork loaf, orange concentrate, prunes, Army spread made of butter and cheese, whole powdered milk, processed cheese, bouillon powder, ham and eggs, soap and cigarettes.

Since the prisoners are fed by the enemy, the kit is designed to supply mainly the food elements that are likely to be lacking.

The medicine kit is designed to supply the needs of 100 prisoners for a month. Each barracks leader, a representative or the prisoners, is responsible under medical supervision for the use of the medicines by the prisoners.

It contains supplies for bandaging and dressing injuries, aspirin, sodium bicarbonate, cathartic pills, germicide, tweezers, and a variety of ointments for such things as burns, eye infections, itch, lice, and fungus infections.

A stock of these medicine kits will be kept in Switzerland and sent to camps at the request of camp leaders or International Red Cross Committee delegates who visit the camps.

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## PUBLIC HEALTH

## Routine X-Ray Exams Spot Unsuspected TB

► IF EVERYONE admitted to a hospital were given a routine X-ray or fluoroscopic chest examination, about 4% of the patients would be found to have evidence of unsuspected tuberculosis infection, if findings of a two-year demonstration at Grasslands Hospital, Westchester County, N. Y., are typical.

Six out of each thousand examinations showed active disease requiring hospitalization or close observation in the study reported by Drs. William G. Childress, A. G. Debbie, and E. L. Harmon of Valhalla, N. Y. (*Journal, American Medical Association*, Aug. 14)

"This group is particularly important from a public health point of view because of the ease of transmitting the disease to others," the doctors state. By discovering previously unrecognized tuberculosis in the patients, better protection for the hospital worker is made possible through isolation and treatment of infectious cases."

In spite of the war shortages, most of the program at Grasslands is being continued and the physicians reporting suggested the inauguration of such programs at hospitals generally.

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