

MEDICINE

Goiter Not Iodine Lack

Study shows that goiters and enlarged thyroid glands contain excess or normal amounts of iodine; therefore a lack of iodine probably does not cause condition.

► THE GENERALLY accepted theory that lack of iodine in food and drinking water leads to development of one kind of goiter is contradicted in a study by Dr. Isidor Greenwald of New York University College of Medicine.

A scientific controversy may well be started by Dr. Greenwald's findings which he himself terms "startling" in his report in the *Journal of Clinical Endocrinology*.

Recently State Senator Thomas C. Desmond, of Newburgh, N. Y., announced he was starting a drive to compel iodization of all table salt in order to prevent goiter. About the same time the State and Territorial Health Officers recommended federal legislation requiring the addition of iodine to all table salt.

The amount of iodine in goiters and large thyroid glands is greater or as great as the amount in normal glands, Dr. Greenwald points out. Consequently he says the cause of the goiter could not be a scarcity of iodine. He cites figures on the iodine content of goiters and thyroid glands from published reports starting with the discovery of iodine in the thyroid in 1896 to 1934, date of the latest publication on the subject.

A second point Dr. Greenwald makes against the iodine lack as cause of goiter theory is that proponents of the theory "have not properly controlled their analytical techniques nor their collection of food, water and excreta."

Giving iodine to people in so-called goiter belts has not reduced the inci-

dence of new goiters to zero, he states on the basis of reports published by other authorities. Altogether Dr. Greenwald has critically reviewed over 100 scientific publications on the subject of lack of iodine causing endemic goiter. An increase in goiter is the reason given by State Senator Desmond for his drive to have all table salt iodized.

Starting point of Dr. Greenwald's study was his interest in history, he said.

Telling his students, as he did year after year, about the Great Lakes goiter belt, he one day wondered why in all his reading of history he had never found a reference to goiter among the Indians of the region. Digging into the history, he found instead mention of the fact that the Indians there did not have goiter. He was surprised that the early explorers would mention the lack of goiter in Indians. It would be expected that they would either report noticing goiters if these were prevalent, or fail to mention the condition if it were not present.

Having convinced himself by further study of history that goiter did not exist in the Americas or in New Zealand before the coming of the white men nor in England before the eighteenth century, he turned to his study of scientific reports. He is now planning experiments of his own on the thyroid gland. Previously he has investigated the physiology of the parathyroid glands and other problems of physiology and biochemistry.

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of their choice in a large city.

Young men seeking mates in general will find the largest choice in the eastern and southeastern states. Young women do better in the western states, irrespective of whether they live on a farm or in a city.

Nevada is a veritable woman's Paradise. The percentage of marriageable men to women is greater there than for any other state. A young man, on the other hand, would do well to seek his fair lady in North or South Carolina. There the sex ratio is decidedly in his favor.

To determine the best sections of the country for men and women interested in marriage, Dr. Paul Popenoe, general director of the American Institute of Family Relations at Los Angeles, Calif., worked out a table of sex ratios for all the states in the Union. He considered native-white single women, 20 to 29 years of age, as representing the marriageable women of this country. With them he compared "marriageable men" selected on the same basis, but 25 to 34 years old.

A man would have to face fewer competitors, Dr. Popenoe found, in the Carolinas, Rhode Island, Tennessee, Mississippi, Alabama, Minnesota, Georgia, Utah and Massachusetts. A girl would be likely to have more beaux from which to choose if she lived in Nevada, Wyoming, Arizona, Montana, California, Washington, Idaho, Oregon, Michigan and New Mexico.

While the states themselves are pretty good guides as to where to find a mate, where you live in that state may be even more important. Dr. Clifford R. Adams, director of the Marriage Counseling Service at Pennsylvania State College, found San Diego, Calif., the best city for girls and Madison, Wis., the most likely one for men. He reached this conclusion by comparing the number of white, single girls between 25 and 30 years of age with the number of white, single men aged 30 to 35.

Young men and women moving to another city should select their new domicile carefully. In a study of several thousand marriages in Philadelphia, Prof. James H. S. Bossard of the University of Pennsylvania discovered that one out of three of the young people applying there for a license lived within five blocks of each other. One in six of the marriage applicants were living less than one block from each other, and one in four lived only two blocks away.

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SOCIOLOGY

Help Cupid Shoot Straight

► WANT to get married?

Go west, young woman.

Go east, young man.

That is the best Valentine Day's advice that experts can give.

Yes, there may be many million young girls of marriageable age destined never to wear a ring on their third finger, left hand, because there just aren't enough men interested in marriage to go around. But that need not concern you. Of much

more importance than the relative number of men in the United States is the number in your community—the number of eligible men you meet in business and society.

Girls on farms, in small towns and villages, may fret to get to big cities, but their chances of marrying will be better if they remain in their rural communities. Young men, on the other hand, run into less competition in winning the lady