NUTRITION

Keeping Time For Foods

➤ MANY HOUSEWIVES these days do all the family marketing once a week. They save time this way, and often money, since they can take advantage of week-end special prices.

They may wonder, however, how long the perishable foods will keep their good quality in the home refrigerator. Fixed answers cannot be given because the condition of the food and the temperature and humidity of the refrigerator all may affect its keeping. But nutritionists of the U. S. Department of Agriculture have prepared a table which should help many homemakers.

Milk, this shows, should be kept at 45 degrees Fahrenheit and used within three days for best quality. Eggs should be kept a little cooler, 42 degrees, and used within seven days for best quality, though their probable storage life is two to six weeks.

Hard cheese, tightly wrapped or in a closed container, will keep for months. Surface mold may be trimmed off. Soft cheese, however, will keep only one to two weeks. It should be kept in a closed container in the coldest part of the refrigerator.

Fresh fish should be used within one day for best quality, and poultry within two to three days. Keep these perishables loosely wrapped and at refrigerator temperatures of 32 to 35 degrees.

Use ground meat in one day, liver and variety meat in two days and fresh meat cuts in three to six days. Store these loosely wrapped at 38 degrees. Storage time for pork cuts is somewhat shorter. Sliced cold cuts should be wrapped in semi-moisture proof material such as waxed paper, stored at 38 degrees and used within six days for best quality.

Sliced bacon should be used within seven days for best quality, although it has a storage life of probably three to four weeks. For tender cured hams, use half ham within seven days, whole ham within 10 days. Probable storage life for the half ham is three to four weeks, for the whole ham six weeks. Corned beef should be used within six days. Smoked tongue probably can be stored five to seven weeks and sliced dried beef four to six weeks. All these should be stored at 38 degrees.

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PSYCHIATRY

Mentally Sick Not Violent

➤ MANY PEOPLE have the idea that mentally sick persons are violent or overactive. Actually very few of them are. Most of the mentally sick are quiet, unexcited people and only a very small percentage is dangerous.

This is one of the facts about mental illness that the National Association for Mental Health would like everyone to know. Other facts the association is teaching are:

Mental illness is not hopeless. On the contrary, almost all severe mental illness can be benefited by hospital treatment. Mental illness seldom comes on suddenly. There are usually early signs which trained people can recognize long before an actual outbreak.

Mental illness is not the same thing as neurosis. Mental illness is a name covering several sicknesses of the mind which affect the way a person thinks, feels and behaves. The medical term for serious mental illness is psychosis. The legal term is insanity.

People suffering from psychosis live in imaginary worlds of their own which have little relation to the real world. These mentally sick people may think they hear voices, or that their food is poisoned, or that everybody is out to "get" them. They may be very depressed or in a state of great excitement. They may think that a terrible thing is going to happen to them or that they have committed a horrible crime for which they are being punished.

A neurosis, or psychoneurosis, is a type of emotional illness that interferes with a person's happiness and efficiency. Neurotic people feel that they are not loved; they feel guilty, inferior and inadequate without reason; they have an almost constant sense of dread and fear. All of us have a little of some of these feelings but the neurotic person has them to a greater degree most of the time.

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ENGINEERING

Control of Climate Is Purpose of Space Flight

➤ CONTROL OF the earth's climate is the most important purpose of space flight and the establishment of a man-made satellite.

Dr. Heinz Haber, University of California at Los Angeles engineer, envisions the conquest of space as a project worthwhile mainly in terms of man's effort to conclude the conquest of his own planet.

"The establishment of a man-made satellite from which climate might be controlled is the real endpoint of space flight," Dr. Haber says. "Such a project is one hope that man will be able to retrieve some of the resources he is so wantonly wasting today."

Outside of historical and scientific significance, man would gain little from expeditions to other planets, Dr. Haber states in his new book, "Man in Space." Among the nine planets of the solar system only the earth is fully equipped to be the homestead for higher forms of life.

"The engineering accomplishments of man in regard to space flight may be unlimited," he adds. "But the real limit is man himself. The conquest of space will depend primarily upon his ability to overcome the physiological problems associated with its hostile environment. Such problems as oxygen supply, weightlessness, extreme heat and cosmic radiations are formidable but not insurmountable."

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