

## Regulate Birth Rate

➤ **HUSBANDS** and wives should voluntarily regulate childbirth, Prof. Arnold J. Toynbee, a British historian, told the World Food Congress in Washington, D. C.

If the world is to defeat the scourges of famine, undernutrition and malnutrition, another victory must be won—voluntary regulation of the number of children born, he charged. However, at least several generations will be needed to educate the majority of wives and husbands to understand this point of view.

Man has learned in the course of history to hunt, fish and farm, he noted, but in each instance the increases in food production were counterbalanced by increases in population that devoured the margin of food supply.

"We have been godlike in our planned breeding of our domesticated plants and animals," he said, "but we have been rabbit-like in our unplanned breeding of ourselves."

Man has continued to breed to the limit with a lack of control that he would never dream of granting to his domesticated animals and plants.

Prof. Toynbee told the congress that the human race must become a single world-wide unit in mastering the critical problem of hunger. Two fundamental educational projects are necessary to solve this problem: production and distribution of food, and voluntary regulation of the world's birth rate.

• Science News Letter, 83:372 June 15, 1963

## Excess Body Fat

➤ **HAVING TOO MUCH** fat on your body is another form of malnutrition.

This type of malnutrition causes much damage among the few well-to-do who eat too much and exercise too little, explained Prof. C. Glen King, president and scientific director of the Nutrition Foundation, Inc., New York.

Severe penalties are paid in the form of a higher incidence of coronary heart disease, cerebral strokes, diabetes, hypertension, cancer, liver ailments and kidney failure, Prof. King told members of the World Food Congress meeting in Washington to discuss the world hunger crisis.

The trend toward excess body fat is evident among the well-to-do in poor countries, as well as being the dominant form of malnutrition in advanced areas.

Yet other conditions prevail in stark contrast for about one-half the world's population living in areas that are not advanced technologically.

Here the lack of good quality protein foods such as milk, meat, fish, eggs or poultry causes another type of malnutrition that shows its damaging effect in the form of stunted growth, mental and physical lethargy, swelling induced by water retention, greatly decreased resistance to infections, and many other unpleasant symptoms.

Intensive efforts of the United Nations agencies, with cooperation of national governments, voluntary agencies, food industries and private foundations have aided the

drive to lessen the suffering from malnutrition. One of the greatest contributions to newly developing areas is in helping establish training and research programs within each country, Prof. King believes.

He cited the "phenomenal record" of a cooperative program to improve crop yields in Mexico. In addition to having a strong national agricultural research service and school within 20 years, he said wheat, corn and bean production has doubled and the chicken industry has tripled. Twenty years ago Mexico's 21 million people averaged 1,700 calories a day; today 37 million Mexicans average 2,700 calories a day.

• Science News Letter, 83:372 June 15, 1963

## Food Increase Consumed

➤ **THE SMALL GAINS** achieved in food production in many developing countries have been wiped out by population growth, during the past 15 years.

Any attempt to stabilize the human population, however, is a highly complex matter, Dr. B. R. Sen, director-general of the Food and Agriculture Organization of the United Nations, explained in Washington, D. C., on the eve of the World Food Congress.

For the rest of this century, the world cannot count very much upon the contribution of population control measures, Dr. Sen warned.

In the developing societies today, children under 15 years of age make up 37% to 42% of the total population. While that group is passing through the child-producing ages, natural increase will continue to be high even if the family size is falling.

Moreover, falling mortality itself will also tend to increase the proportion of young people, since reductions in death rates will occur mainly among infants and children.

The attempt to feed this growing crowd of people and to fight hunger and misery is the most formidable task facing mankind today.

The FAO is sponsoring the World Food Congress, being held June 4 through 18, in an effort to help solve the immediate and future problems of relieving hunger throughout the world.

• Science News Letter, 83:372 June 15, 1963

## MEDICINE

### Too Much Insulin Possible In Diabetics

➤ **OVERWEIGHT DIABETICS** usually have higher than normal levels of insulin, so any treatment that adds more of this hormone only aggravates the problem. This and other discoveries of the past ten years offer hope for greatly improved management of diabetes, Dr. Harvey S. Sadow, clinical research director of Arlington-Funk Laboratories, Yonkers, N.Y., said in the medical journal, *Metabolism*. For the overweight, a rigidly correct diet should be sufficient treatment, but when results are not attained by diet alone, Dr. Sadow suggests a modified diet plus phenformin, a drug taken by mouth to lower blood sugar without converting it to fat.

• Science News Letter, 83:372 June 15, 1963

# Questions

**HORTICULTURE**—How large is the new strawberry, Vesper? p. 376.

**MEDICINE**—What symptoms are observed in pigs with swine influenza? p. 370.

**NUTRITION**—What increases in the total food supply will be needed by 1975? p. 371.

**PHYSICS**—What will be the circumference of the new Russian accelerator to be completed in 1966? p. 373.

**SOCIOLOGY**—What do crimes in mother-centered societies manifest? p. 382.

**SPACE**—How is the magnetic field around the earth shaped? p. 375.

## SCIENCE NEWS LETTER

VOL. 83 JUNE 15, 1963 NO. 24

Edited by WATSON DAVIS

The Weekly Summary of Current Science, published every Saturday by SCIENCE SERVICE, Inc., 1719 N. St., N.W., Washington 6, D. C., NORTH 7-2255. Cable Address: SCIENSERV. Subscription rates: 1 yr., \$5.50; 2 yrs., \$10.00; 3 yrs., \$14.50; ten or more copies in one package to one address, 7½ cents per copy per week; single copy, 15 cents, more than six months old, 25 cents. No charge for foreign postage. Change of address: Three weeks notice is required. Please state exactly how magazine is addressed. Include postal zone number.

Copyright © 1963 by Science Service, Inc. Republication of any portion of SCIENCE NEWS LETTER is strictly prohibited. Newspapers, magazines and other publications are invited to avail themselves of the numerous syndicated services issued by Science Service. Science Service also produces and distributes THINGS of science (monthly), produces and publishes books, and conducts the National Science Youth Program. Printed in U.S.A. Second class postage paid at Washington, D. C. Established in mimeograph form March 13, 1922. Title registered as trademark, U.S. and Canadian Patent Offices. Indexed in Reader's Guide to Periodical Literature, Abridged Guide, and the Engineering Index. Member of Audit Bureau of Circulation.



## SCIENCE SERVICE

The Institution for the Popularization of Science organized 1921 as a non-profit corporation.

Board of Trustees—Nominated by the American Association for the Advancement of Science: William W. Rubey, University of California at Los Angeles; Wallace R. Brode, Washington, D. C. (Treasurer); Douglas Whitaker, Rockefeller Institute for Medical Research. Nominated by the National Academy of Sciences: Harlow Shapley, Harvard College Observatory; Philip Bard, Johns Hopkins University; Henry Allen Moe, John Simon Guggenheim Memorial Foundation. Nominated by the National Research Council: Leonard Carmichael, Smithsonian Institution (President); John R. Dunning, Columbia University; Benjamin H. Willier, Johns Hopkins University. Nominated by the Journalistic Profession: Gordon B. Fister, Allentown (Pa.) Call-Chronicle; O. W. Riegel, Washington and Lee University; Ralph B. Curry, Flint Journal. Nominated by the Scripps Estate: Edward J. Meeman, Memphis Press-Scimitar; Ludwell Denny, Washington, D. C.; Charles E. Scripps, Cincinnati, Ohio (Vice President and Chairman of Executive Committee).

Staff—Director: Watson Davis. Assistant Director: Dorothy Schriver. Writers: Ann Ewing, Faye Marley, Elizabeth Mirel, Barbara Tufty, Judith Viorst, Walter Wingo, Ruby Yoshioka. Science Youth Division: Joseph H. Kraus, Leslie V. Watkins, Forrest L. Snakenberg. Photography: Fremont Davis. Production: Priscilla Howe, Marcia Nelson. Conferences: Jane Marye. Librarian: Margit Friedrich. Interlingua Division in New York: Alexander Gode, 80 E. 11th St., GRamercy 3-5410. Advertising Manager: Fred A. Moulton, METropolitan 8-2562, Washington, D. C.