

## NUTRITION

# Need Self-Help Programs

► **THE THREAT** of mass starvation facing many countries cannot be wiped out by shipments of donated or commercial food alone, said Frank L. Goffio, executive director of CARE, in opening the organization's World Conference in Washington.

People in newly developing countries need self-help programs to raise the productivity of their own land and labor. They could then increase their own food production, improve health services, expand educational opportunities and introduce new job skills, he told the conference, considered to be the most significant since CARE was founded 20 years ago to feed victims of World War II. Participants discussing new measures to combat hunger and sickness include 44 overseas CARE mission chiefs from 34 countries of Africa, Asia, Europe and Latin America, as well as doctors from MEDICO, a service organization of CARE.

The seriousness of the world's growing food and health problems was underscored by a recent report pointing out that 70% of the 667 million children under the age of 14 in the world's less developed countries are malnourished. More than 260 million children in these countries suffer from serious malnutrition today, but by 1975, there will be 329 million malnourished children.

Underdeveloped countries need broader and longer programs to educate people to care for themselves, said Richard W. Reuter, director of U.S. Food for Peace.

Ten years ago, food was shipped from the United States for immediate use, he said. Now, the accent has changed and food in the form of seeds and equipment is being sent for the people to learn to cultivate and to create lasting benefits to health and nutrition.

Even while the United States gives food away through various organizations, we have doubled our commercial exports of agricultural products in the past ten years, he said. For instance, the U.S. once donated food to Japan. Now this country is the largest single purchaser of U.S. agricultural products today. Japan spends more than one-half billion dollars a year on American farm goods.

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## SOCIOLOGY

## Population Problems Are Still 'Critical'

► **ALTHOUGH** an overwhelming majority of U.S. couples approve and practice family planning, the problems of population explosion in this country are still "critical," the National Academy of Sciences-National Research Council warned.

If present birth and death trends continue, "in the very long run, continued growth of the United States population would first become intolerable and then physically impossible," a report issued by the Committee on Population of the NAS-NRS pointed out.

Despite the steadily increasing use of contraception, surveys indicate that 14% of American couples have not practiced and do not expect to practice birth control.

Among couples with below-average income and education, however, the proportion of couples not using contraceptives rises to 43%.

Available evidence indicates that "low-income families do not want more children

than do families with higher incomes"—but they lack the information and resources for effective family planning.

"No family should be fated through poverty or ignorance to have children they do not want and cannot care for," the report stated.

To achieve the goal of enabling every couple to conceive only the children they deliberately choose to have, the Committee urges a threefold program of research, education and training, and services, by public and private agencies.

Although high birth rates among the poor do not threaten national prosperity, they are one of the factors that push prosperity "out of the reach of millions."

If this program is carried out, the Committee believes that one condition that "perpetuates poverty in the midst of plenty in the United States" would greatly diminish.

The Committee, headed by Dr. William D. McElroy, professor of biology at the Johns Hopkins University, Baltimore, Md., calls on the Federal Government to facilitate this three-pronged program "perhaps by the appointment of a person at a high national level with specific responsibility for leadership in implementing population programs."

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## GENERAL SCIENCE

## Rockefeller Foundation Stresses Hunger Conquest

► **WORLDWIDE PROGRAMS** toward the conquest of hunger cost the Rockefeller Foundation \$7 million last year.

The Foundation spent \$5.9 million on university development, \$5.7 million on equal opportunity for Negroes and others, \$2.8 million on population problems and \$1.5 million on cultural development.

Dr. J. George Harrar, Foundation president, said in his President's Review-1964 that 80% of funds appropriated was spent in the United States. More than \$40 million in all was paid out.

At the end of its 51st year, the Foundation had paid out \$768.7 million and had commitments for future payments of an additional \$67.3 million, Dr. Harrar reported.

"A half-century of achievements has established beyond any doubt the soundness of the idea that private wealth can be expended effectively for the public welfare through programs which are privately conceived and administered," Dr. Harrar said.

In reviewing the year, Dr. Harrar called attention to the Congressional inquiry, which he said brought out evidence that "certain foundations are being used by individuals and groups not to advance the public welfare but to serve private interests."

He stressed the importance of guarantees that the privilege of tax exemption is not abused. If any part of this extraordinary instrument for social progress should fall into the hands of cynics who would use it for self-serving purposes, the instrument itself is jeopardized, he said.

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CARE

**GROWING THEIR OWN**—Liberian school boys plant and grow their own vegetables with tools and seeds donated by CARE as a part of a self-help program.