

## NUTRITION

# Wheat Germ Could Substitute For Cheese or Beefsteak

## Experiments on Rats Indicate That Wheat Germ Protein Is as Good for Maintaining Growth as Is Casein

**W**HEAT germ may become the war diet substitute for cheese, beefsteak and the Sunday roast, it appears from experiments reported by E. L. Love and C. G. Harrel, of the Pillsbury Research Laboratory, Minneapolis, at the meeting of the American Association of Cereal Chemists in Chicago.

Wheat germ protein, they found in diet experiments with laboratory rats, is as good as or better than casein, chief protein of milk and cheese, for maintaining growth. They conclude that it "can be used in the human dietary as a supplementary protein equal in value to casein or other animal proteins."

Animal proteins, from meat, fish, poultry, milk or cheese, have heretofore been considered better for human nourishment than proteins from plant sources such as vegetables and grains. But, as the Pillsbury researchers point out, the "impending shortage of animal proteins" throughout the world due to the war makes the finding of an adequate protein from other sources particularly important.

The wheat germ protein, however, cannot be obtained from ordinary bread, because this part of the wheat is discarded when flour is bolted. Bread made from unbolted, stone or water ground flour would contain the wheat germ and its protein. The germ of the wheat is discarded in flour milling because it also contains an oil which rapidly turns rancid.

*Science News Letter, May 30, 1942*

## Enrichment at 20 Cents

**I**MPROVED nutrition for the "uninformed and the unprogressive as well as to others at the trivial cost of 20 cents per capita per year" can automatically be attained through enrichment of bread and flour with the two vitamins, thiamin and niacin, and the mineral, iron, Dr. R. R. Williams, Bell Telephone Laboratory researcher famed for discovering a way to produce thiamin synthetically, declared.

Thiamin is vitamin B<sub>1</sub>, also known

as the morale vitamin. Niacin is the new name scientists have given to the pellagra-preventing vitamin.

Something more than a third and less than a half of the nation's bread and flour supply is now being enriched, thanks to the cooperation of the milling and baking industries, Dr. Williams stated. He listed obstacles to further advance as follows:

"1. The highly competitive situation in low priced flours such as are used by low-income people has so far made such flours unavailable in enriched form. This is a definite challenge to the flour industry.

"2. The public appreciation of the values of enrichment is still slight so

that bakers find it difficult to recoup the costs of bread enrichment. This is a challenge to the nutritionists of the country.

"3. Delay in the promulgation of final regulations for the enriched products retards progress."

*Science News Letter, May 30, 1942*

## MEDICINE

## Sound Waves Are Used To Improve Sulfa Drug

**U**SE of sound waves to improve sulfa drug treatment of wounds, infections and burns is announced by Dr. Leslie A. Chambers, Dr. T. N. Harris, Dr. Francis Schumann and Dr. L. Kraer Ferguson, of Philadelphia (*Journal, American Medical Association, May 23*).

The sonic vibration is used to break up sulfathiazole crystals into microscopic bits which when suspended in water or salt solution gives a preparation with the consistency of thick cream. This preparation can be injected through fine gauge hypodermic needles, which is usually not possible with neutral suspensions of ordinary sulfa drug crystals because



### PIONEER

*This painting by Dean Cornwell, depicting "The Dawn of Abdominal Surgery," and portraying one of the earliest abdominal operations, performed by Dr. Ephraim McDowell, of Danville, Ky., in 1809, will be unveiled before the American Medical Association on June 8. It is fourth in a series on "Pioneers of American Medicine." Others honor William Beaumont, Sir William Osler, and Drs. Walter Reed and Carlos Finlay.*