

NUTRITION

Army Rations Need Not Vary with Climate

➤ A SOLDIER wants about one-tenth of his daily food to be meat or other protein foods, whether he is sweltering on a Pacific island or enduring the Arctic cold. And he eats from one-third to two-fifths of his food as fat, given a chance to eat all he wants from a wide variety of rations. But he eats a good deal more in the Arctic than in the tropics.

These findings were made by Drs.

Robert E. Johnson, now at the U. S. Army Medical Nutrition Laboratory, Chicago, and Robert M. Kark at the Harvard Fatigue Laboratory in Boston.

In the desert with the temperature 92 degrees Fahrenheit soldiers each ate 3,100 calories daily on the average. In the Arctic at 30 degrees below zero Fahrenheit, they consumed 4,900 calories daily. But the proportion of protein and fats chosen to the total calories remained about the same.

Science News Letter, April 19, 1947

ENGINEERING

New Methods, Old Type Of Houses for Future

➤ HOUSING SHORTAGE note: modern soil engineering science is reviving two of the oldest types of homes man has built.

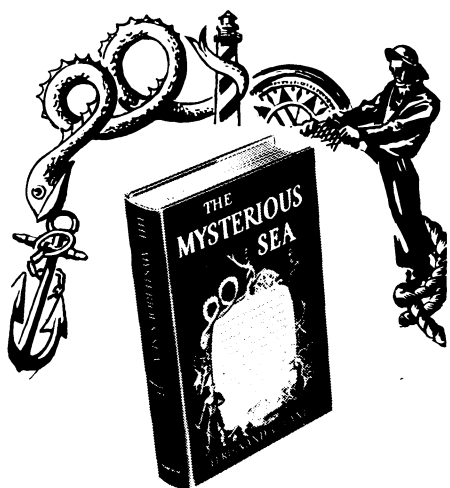
Strong, durable houses can be built of adobe or rammed earth, a wartime report by the Board of Economic Warfare declares. The report, released by the Department of Commerce, suggests some modern innovations for the building methods which date back to prehistoric times.

Rammed earth buildings, made by tamping a damp mixture of sand, silt, clay and gravel into wall forms, should include a protective finish in places with a rainfall of more than 25 inches a year or a rainy season. Cement-stabilized rammed earth is a sturdier construction material than the more ancient product.

Latest development in adobe construction, which was used by Indians of the Southwest centuries ago, is asphalt-stabilized adobe blocks.

The report on rammed earth and adobe buildings was prepared in 1943 for use of the U. S. Army in North Africa.

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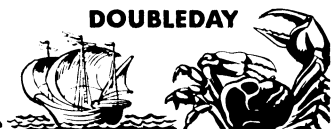
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Do You Know?

Spring-blooming *shrubs* are best pruned after flowers have faded.

The American Meteorite Museum, Winslow, Ariz., has a *meteorite* containing gold and others showing diamonds.

A mill in Leicester, England, has a new machine that makes 32 full-fashioned *stockings* in 35 minutes.

Copper and brass *ornaments* in a house can be cleaned with hot vinegar or lemon juice and salt.

In the Western Hemisphere, Mexico and Puerto Rico stand the highest in *birth* rate; they stand high also in death rate and population increase rate.

Shady lawns that get as much as three hours of sunshine a day do not need special *grass* seed; the soil, however, may need special treatment because of the tree roots.

Australian cave *paintings*, thought to date back to Australia's stone age, were annually retouched by Australian natives before the arrival of white men with red and yellow ochre and pipeclay white.

Cows on New Zealand large dairy farms are *milked* by machines in an "assembly-line" procedure; they enter the milking shed in single file to a stall at the head of the line and, after being milked, pass out through the front of the stall.

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