

NUTRITION

Submariners Eat Better

Three-month cruise shows less food storage space needed and less garbage results from use of "submarine provision load" that includes spicy foods.

► SUBMARINERS CAN now eat better. What is more, the food they eat takes 25% less space in the submarine and the garbage from it is 65% less.

This was proved in a three month cruise last fall of two submarines, one carrying food according to old specifications, the other carrying food scientifically designed as a "submarine provision load" by the Commissary Research Division of the Navy's Supply Research and Development Facility, Bayonne, N. J.

Chief improvement in the diet, from the submariner's point of view, was that it included pastries, cakes, sweet rolls and breads. From the Navy's point of view, the 25% saving in space means that submarines do not have to cut short cruises to stock up on more food. And the 65% cut down on garbage is much more important than a landlubber would think. During combat, it might mean death to discharge garbage either on the surface or underwater. It provides a telltale clue to the position of the submarine.

Frozen pre-cooked meats already cut, called "pre-fabricated" by the Navy, frozen vegetables and fruits, ready mixed bread, cake and pastry ingredients and various other space- and time-saving methods do the trick for the Navy.

The experimental cruise was reported to the meeting in Washington of the Associates, Food and Container Institute, consisting of representatives of industry which have cooperated with the Armed Forces in solving their food problems. Lieut. Comdr. J. A. Corrick, officer in charge of the Commissary Research Division, spoke on the Navy's food problems at the meeting.

Despite the success of the new "submarine provision load," the very first report on the experimental cruise was pessimistic. This report was given by the head civilian food specialist of the division, Lendal Kotschevar, who went on the cruise to try out the diet he had much to do with devising.

As he came ashore at New London, Conn., after having been on the submarine for three months, it was his opinion that the diet was a failure. He was tired of all the food on the submarine. However, it soon became apparent to him that this was merely a psychological reaction to three months on a submarine.

Another indication of the psychological problem involved was the unforeseen success of a pre-cooked frozen dish carried on the submarine—chicken cacciatore. As

the cruise lengthened, the men demanded more and more food that was highly spiced, much more highly spiced than they would eat ashore. Chicken cacciatore satisfied this craving.

As technology has lengthened the time submarines—and other Navy vessels too—can stay at sea, it has increased the Navy's commissary problems. Even on battleships and carriers, space is a problem, and the lessons learned from research which culminated in this submarine cruise will be applied throughout the Navy.

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PSYCHIATRY

Vitamin C Makes Antabuse Alcoholism Treatment Safe

► VITAMIN C makes antabuse treatment of alcoholism safer and easier to carry out, Drs. Wiktor W. Nowinski and Grady Niblo of the University of Texas Medical Branch

at Galveston reported to the American Psychiatric Association meeting in Cincinnati.

Antabuse is a drug which Danish scientists found would make alcoholics want to stop drinking after the first drink because of the unpleasant, even frightening feeling it produces when taken before drinking alcohol. It is being tried in a number of centers in this country now.

Vitamin C, the Texas doctors reported, does not lessen the effectiveness of antabuse but lessens many of the undesirable effects that have nothing to do with its anti-alcoholic action.

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PHYSICS

Earth Gets More Magnetic During Last Two Decades

► THE EARTH is getting more magnetic. That is the conclusion put forth by Dr. C. Gaibar Puertas of the Universidad de Barcelona, Spain.

He told the American Geophysical Union meeting in Washington, D. C., that earth's magnetism has shown a "notable increase" in the last 20 years. Other studies made up to this time have usually led to the conclusion that during the last 100 years the magnetic attraction of our planet is decreasing at the rate of one fifteen-hundredth of the total per year.

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LIGHT TESTER—This 75-foot chamber acts as a camera and focuses light upon the test stand at the far end where a General Electric Company engineer is adjusting a light intensity meter. The circular curtains or flanges keep the light from being reflected in the darkened chamber of the laboratory.