



### Shelterbelt Dividends

**S**HELTERBELTS in the West are beginning to afford protection against winter blizzards and summer suns and hot winds to more than the human populations who have planted and tended them. All manner of wild birds and beasts are making their homes in the trees and shrubs reports Paul H. Roberts of the U. S. Forest Service.

Most numerous of the new inhabitants, probably, are game birds, both natives like bobwhite quail, grouse and prairie chicken and imported species like pheasants and Old World partridges, not to mention innumerable songbirds.

Mammalian shelterbelt dwellers include opossums and raccoons, and of course a certain number of fur-bearing predators, especially foxes and skunks. Deer are showing up occasionally, in shelterbelts not too far from natural timber where deer have survived.

Rabbits swarm among the trees. While new plantings are young, the saplings have to be protected against them, lest they chew off all the lower bark and kill them. However, once the trees are well established, the rabbits become assets rather than liabilities. They are worth about 25 cents apiece, for meat and fur; and at least one Plains community has provided its hospital with an "iron lung" from the proceeds of rabbit drives through the neighboring shelterbelts.

It is in winter, of course, that these planted groves are most heavily populated, because they offer not only protection against the merciless smothering drift carried by the blizzards, but also edible berries and seeds on the bushes planted as outside rows to break the windsweep under the lower branches.

"Many belts, in winter, look just like poultry yards," says Mr. Roberts.

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### NUTRITION

## Poor Teeth of Draftees Due To Bad Diets as Infants

### Lack of Vitamin C, Orange Juice Vitamin, in Food 20 Years Ago, Accounts for Many Rejections Now

**L**ACK of vitamin C in infant diets 20 or so years ago is the reason why nearly three times as many men are being rejected for America's 1940-1941 draft army on account of bad teeth as were rejected for the same cause in 1917, Dr. C. G. King, of the University of Pittsburgh, charged at the meeting of the Federation of American Societies for Experimental Biology in Chicago.

Vitamin C, also called ascorbic acid, is the citrus fruit, cabbage and tomato juice vitamin which protects against scurvy. It has many other functions in the body, Dr. King pointed out. Among other things this vitamin aids tooth and bone development, wound healing, growth, development of red blood cells, sugar tolerance, nerve function and the detoxification of both organic and inorganic materials.

About five to 10 times more vitamin C is needed for tooth development than for growth and protection against scurvy, Dr. King said. The present generation of young people "have used more tooth brushes and tooth pastes than were ever used before, but many of them clearly did not have a diet that was adequate for normal tooth development," he declared.

Many of them, he pointed out, did not get mother's milk in infancy but were raised on evaporated and pasteurized milk.

"Both evaporated and pasteurized milks are obviously good foods, and they are distinctly safer than raw milk, but as produced 20 years ago, they were relatively deficient in ascorbic acid (vitamin C) and they tend to remain so today.

"Even raw cow's milk does not provide a normal intake of vitamin C, because it is naturally only about one-fourth as rich in ascorbic acid as mother's milk."

Dr. King believes infants today are still not getting enough vitamin C to insure strong teeth. He believes they should have added to their milk from the very first, about 30 to 50 milligrams of ascorbic acid per day. As they get older, it is relatively simple to provide enough of this vitamin from common foodstuffs, but Dr. King believes it is a "tragic mistake" not to

provide this vitamin to tiny babies in order to protect their tooth development.

"The cost of providing an adequate allowance of ascorbic acid in milk formulas would not be significant for most families in comparison with the good accomplished," he said.

"At current prices it would be in the range of 50 to 90 cents per month, and there is a good prospect that the cost could be markedly decreased in future years. At current wholesale prices, the cost would now be only 5 to 10 cents per month."

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To protect their feet from sharp ice in spring, sled dogs around Hudson Bay region wear *moccasins*.

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