

## NUTRITION

# Eat Well for Long Life

► FORTY high school seniors getting set for careers in science were reminded that they had better drink plenty of milk and eat lots of green and yellow vegetables and fruits containing vitamin C.

The 40 boys and girls are the winners in the eighth annual Science Talent Search conducted by Science Clubs of America for Westinghouse Science Scholarships. The good diet reminder came from Dr. Hazel K. Stiebeling, chief of the Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture.

With another four to seven years of study ahead, the scientifically talented boys and girls will have passed a third of an average life span before they begin their professional careers, Dr. Stiebeling pointed out. Their highest opportunities may not come until they are 40 or 50 years old.

Best hope for gaining extra years for achievement at that prime period of life

lies in following what is now known about nutrition, she suggested.

Rats have been given much more than a 10% increase in the prime of life by a diet containing two to four times the amount of calcium, vitamin A and riboflavin considered "adequate," she reported. But, she pointed out, "we haven't yet given the human animal a chance to prove its potentiality."

Scientists today know that the human diet must supply some 40 chemical substances in order to have proper functioning of the body. These include eight to 10 amino acids and 12 or more vitamins as well as inorganic salts of various minerals. But just how many nourishing materials are needed and in what amounts and proportions are not yet known. The 40 Science Talent Search winners, she suggested, may help to solve some of these and the other unsolved problems of nutrition.

Science News Letter, March 19, 1949

orous water plant; Thomas Barr, Jr., study of caves, cave animals and plants; Carl Werntz, reflector telescope; Margaretta Harmon, home-built Wimshurst electrostatic generator; Nicholas Reinhardt, homemade apparatus for analyzing motions of rotating or vibrating objects; Herbert Winston, tumor in hybrid tropical fish; Henry Landau, graphs to illustrate integrals; Roger Nelson, three color separation camera and photographic process.

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# Letters To The Editor

## Market for Fish Meal

► THE greatest market for fish meal, at the present time, including menhaden meal, (SNL, Feb. 26, p. 131) is in the animal and poultry feeding industry. We have never been able to obtain statistics indicating the relative proportion entering the fertilizer and animal feeding industries.—A. W. Anderson, Chief, Branch of Commercial Fisheries, Washington, D. C.

## In Elephants' Defense

Referring to your article "Elephants Suspected of Spreading Tuberculosis", SNL, Jan. 22, p. 56, I would say the reverse to

be true. From the stated facts it would seem that some dirty, stinking human must have coughed in the poor pachyderm's face.

—Walter L. Hall, bacteriology instructor, John Muir College, Pasadena, Calif.

Science News Letter, March 19, 1949

## HOBBIES BRING HONORS—

Read left to right: Dwight Taylor shows distribution of water mollusks; Caroline Littlejohn, representative Okla. insects; Richard Bray, minerals; Edwin Merz, Jr., influence of two compounds on evaporation of water; Ursula Victor, zoophagy in a carniv-

# Question Box

### AERONAUTICS

What kind of conditions will be studied in the new type wind tunnel? p. 183.

### GENERAL SCIENCE

What are the new advances that have been made in the study of blood? p. 186.

### MEDICINE

Why is urethane-containing cough medicine dangerous? p. 182.

Photographs: Cover, p. 178, p. 181, Fremont Davis; p. 183, University of California.

### ORNITHOLOGY

What is the utilitarian reason that makes birds sing? p. 190.

### PHYSICS

Why is there no need to worry about the Soviet's progress with death rays? p. 184.

### RADIO

What is a diplexer network and what does it do? p. 185.

### WILDLIFE

Why is an increase in coyotes and buzzards feared? p. 190.