

## NUTRITION

# Food For Hungry Nations

Planting crops, catching fish and tending the soil instead of building palaces may be the answer to the problem of hunger in developing nations—By Barbara Tufty

► SMALL NATIONS should plant more crops, catch more fish and take care of their soil and forests rather than build expensive palaces, paved roads and showy new buildings.

Americans can best help these underdeveloped countries by showing them how to help themselves. This is the theme of the book "Hungry Nations" (Little, Brown and Company), written by Dr. William Paddock, who has worked for years as an agricultural expert in developing nations and now heads the Latin American Affairs, National Academy of Sciences-National Research Council in Washington, D.C., and his brother, Paul Paddock, retired State Department official who has served abroad for 20 years in various diplomatic and consular service posts. The book might have been titled "The Bountiful American."

Arguing against U.S. ideas of slum clearance, public health programs and education is like arguing against motherhood, liberty and apple pie, admit the authors.

Yet the truth of the matter is that huge sums of money spent on these projects overseas have given little real basic progress to such countries as Paraguay, Uganda, Nepal, Sierra Leone, Algeria, Jamaica, Somalia and Ceylon.

Slum clearance is a luxury in these small struggling countries. New urban developments are a great expense, yet the basic cause for slums remains—the people do not make a decent living. Public health programs sound marvelous, yet in reality they are rapidly decreasing the death rates without curtailing the birth rates, burdening the new nation with insurmountable problems of food, lodging and sanitation.

Even education, often regarded blissfully as a cure-all to economic ailments, may be a drain of money wasted on the wrong kind of schooling, at a time when all efforts should be spent in farming, tending the soil, fishing, and otherwise fostering the land's resources.

Solutions to raising a country's standard of living and prosperity lie essentially in making resources produce more than the people themselves use. Agriculture, forestry and fisheries are the primary resources in these lands. When surpluses are exported, the nation begins to have economic stability.

People are hungry, say the experts, because their soil resources are so poor. Too much rain, followed by too much drought, and poor drainage of soil cause slim production of crops or domestic livestock. There is often a very good reason why lands are deserted, and it is not just a question of the local people "rolling up their sleeves" and getting to work.

The idea of clearing tropical forests and growing crops is often fallacious. The spongy rich compost of centuries of leaves

under the tall lush trees is depleted in a few years once trees are cleared and crops planted. These are specific realities—and Americans should learn that what has worked in the United States does not and often cannot work in other lands with different problems.

"The American out talking development in a poorer country is a Tiffany salesman reduced to Woolworth's beads, a Picasso showing a housewife how to paint," say the authors, who point out that the United States is now in the third decade of "bountiful giving"—to the tune of \$103 billion.

Some of the guidelines offered to lead these nations to a reasonably comfortable level of 20th century living include: immediate attention to more production of local resources; creation of a ministry of resources to set up productive land use programs; less emphasis on prestige symbols such as cars, paved roads, aped U.S. fashions, and showy office buildings and palaces (one African nation built a marble palace for \$10 million, and another country is planning one for \$12 million).

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## Cat Food Fish May Feed Hungry World in Future

► FISH NOW BEING stuffed into cans as food for thousands of household cats, could one day feed an exploding world population, two fish researchers reported.

The 100 million pounds of industrial fish that cat food makers process annually could be "made available for human consumption were the need for protein food to become more pressing," Travis D. Love and H. M. Thompson of the Bureau of Commercial Fisheries Technological Laboratory, Pascagoula, Miss., suggested to the American Institute of Chemical Engineers, Boston.

Some 500 million fish, which come in a wide assortment of species, are netted each year by Gulf of Mexico shrimp fishermen. Before the cat food makers made use of the unwanted fish caught in the nets along with the shrimp, the fish were dumped back into the sea.

According to all indications, huge amounts of these small industrial fish are found from the east coast of Florida to Mexico, including the Caribbean.

The researchers also stated that household cats in some ways may be enjoying a better diet than their owners. Fish contain a high ratio of polyunsaturated oils that some medical men believe prevent the arteries from being clogged with fats.

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## New Cocktail Treat: Crisp Mushroom Chips

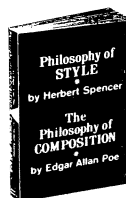
► THERE'S A NEW FOOD coming up—mushroom chips.

Crisp mushroom chips, high in protein, have the delicious taste of rich mushrooms cooked in their own juice. The chips can be nibbled as is or cooked into soups and sauces. They can be stored for a year in dark, air-tight containers.

The new chips are sliced about 1/16 or 1/32 of an inch wide, fried in deep fat at temperatures of about 300 degrees Fahrenheit for three to seven minutes. They are being enjoyed by all who taste them.

Researchers of the Agricultural Research Service, U.S. Department of Agriculture, in Philadelphia, found that mushroom chips have several different flavors depending upon the amount and method of cooking. They believe the more thoroughly cooked slices are suitable for chips, whereas the least-fried slices retain more oil and are best suited for soups and sauces.

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