

Health progress in some countries is slow because of old traditions, he finds. Old conventions about women which still obtain in many South American countries make it difficult to introduce the idea of women as public health nurses or trained nurses for the home. Servants do most of the nursing there, just as they did in this country fifty years ago, said Dr. Sand.

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#### MILK STANDARD FOR NATION ENDORSED

Uniform milk ordinances for the whole country is the aim of the United States Public Health Service. At a meeting of state and territorial health officers in conference with that body in Washington recently a resolution was adopted which will probably eventually insure uniform milk requirements in every state.

That such a measure is vitally necessary to increase the general level of milk quality and safety is the contention of the Public Health Service committee which has made a thorough survey of the milk situation during the past year.

It is believed by health officials that unification of milk control will not only increase the respect of the dairy industry for milk sanitation with consequent willingness to comply with ordinances to secure this end, but will build up the confidence of the consumer in the quality of milk and increase its consumption.

Study of conditions in the eight states that have adopted uniform regulations shows great improvement in milk sanitation following the enforcement of the ordinance, an increase of as much as eighty per cent being noted in eight cities of Alabama, according to the committee's report.

The figures compiled show that production sanitation has been brought to a high level in a very short time in these states. In general the dairy industries have given the ordinance good support and in some cities have urged its adoption. Though it is not possible to say that the new regulation is the real cause, there is indication, the committee said, that the actual consumption of milk had increased since it has gone into effect.

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#### GELATIN AIDS DIGESTION OF MILK AND ICE CREAM

Gelatin is a protein, but it never would be a very successful meat substitute. Its best use is as an aid to the digestion of milk when other foods are excluded from the diet, Dr. Thomas B. Downey of the Mellon Research Institute has found. Barley water, which is a member of the same class of protective colloids, has long been a common and useful component of the contents of many a baby's bottle.

"Gelatin", says Dr. Downey, "was introduced as an economy food during the period of the French Revolution. In view of the status of the knowledge of nutrition of that day, it is not surprising that there arose exaggerated opinions, both pro and con, regarding the actual food value of the product. It is only in quite recent

times that the results of earlier investigations on gelatin as a food can be interpreted with accuracy."

In his experiments with rats Dr. Downey found that it was of decided supplementary use with such natural foods as wheat, oats and barley but had little value as a major source of protein. Rats fed on milk and the average commercial variety of ice cream picked up considerably in growth and health, however, when gelatin was added to the bill of fare. He concludes that "the effects of gelatin as a colloid of the emulsoid type exert a significant influence upon digestibility and absorption where ingested with these dairy products with the exclusion of other foods. In these particular diets, the colloidal effects of gelatin may be equal in importance to, if not indeed greater than, its value as a protein."

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#### FREQUENT OIL CHANGE DECLARED WASTE

"If the ruling frequently recommended that oil in automobile engines be changed after 500 miles running were followed we would throw away about 200,000,000 gallons of oil per annum."

So declared O.M.Burkhardt, of the Society of Automotive Engineers, at a recent meeting.

He arrived at this figure, he said, "By assuming that 20,000,000 cars, when running an average of 5000 miles per annum would change oil ten times. Each change is assumed to involve a discard of one gallon of oil. The economic loss entailed in this practice is obvious and staggering."

"The lubricating oil", he continued, "is as important to the proper functioning of an internal-combustion engine as any structural part. It is also recognized that of all the materials and finished units that enter into the construction of a complete engine there is none that changes its characteristics as rapidly as the oil. This shortcoming is well known to the majority of designers and oil refiners and, for this reason, specifications have been established after lengthy discussions to the end that lubricants shall meet with some certainty of endurance the variable conditions encountered in the operation of engines for motor vehicles.

"It is quite feasible that contaminated oil may be rectified. This is done very successfully in many branches of engineering. In the air service during the War, a necessity existed for conservation of lubricating oil. Engines have been found to remain cleaner with used than with new oil. Fifty per cent. of the engineers at the Flying Field stated that reclaimed oil was preferred to new oil while the other fifty per cent, found that it was just as good.

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The tendency of merchants in some cities to open stores in residential districts is helping to decentralize business, and so to relieve traffic congestion.

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