

mentally deficient persons in the state have been brought under control during the five years since the program was started, Dr. Willhite reported, and the work is steadily going forward.

Cooperation from all groups has been excellent. Objections of parents or other relatives of the feeble-minded disappears as soon as it is explained that the object of the control program is "to do something for, rather than something to" the defective children.

### Chemistry of Intelligence

The chemistry of intelligence, a new science which throws light on the cause of feeble-mindedness and may lead to ways of correcting it, was introduced by Dr. Neil A. Dayton, of the Massachusetts State Department of Mental Hygiene.

Discovery that tall children of average weight have a higher intelligence, on the average, than short, underweight children, led Dr. Dayton to suggest the need for studying this new field of science.

Greater intelligence is found to go with greater than average height, whether the child is normal, mentally retarded, or feeble-minded. This indicates that the basic body chemistry behind growth in height and weight is in some way linked with intelligence. Study of this chemistry of intelligence may lead to ways of correcting the disturbance responsible for the mental defect, as other studies of body chemistry have led to ways of improving the nutritional state of children.

The findings do not mean, Dr. Dayton pointed out, that tall adults are necessarily any more intelligent than short ones, because the findings were made on children who were still growing.

### Diagnostic Tool

Brain waves, the written records of electrical currents accompanying brain cell activity, may in the future help physicians to tell whether a feeble-minded child is suffering from a hereditary mental defect or some other type, it appears from the report of Dr. George Kreezer, of the Vineland, N. J., Training School.

At present it is not yet possible to make a brain-wave diagnosis in individual cases of feeble-mindedness or mental deficiency, Dr. Kreezer emphasized. Different types of mental deficiency, however, show differences in brain wave patterns in addition to the individual differences in brain waves from persons afflicted with the same type of mental deficiency.

In certain types of mental deficiency, Dr. Kreezer found an influence of the

intelligence level on the brain wave patterns. The nature of the effect of intelligence on the brain wave pattern was different in the different feeble-minded types.

### Mother's Age Important

Mothers past 40 years of age are more apt to give birth to mongoloid imbeciles than younger mothers, it appears from the report of Dr. Adrien Bleyer, Washington University School of Medicine.

Records of 2,822 of these unfortunate children were carefully studied especially with regard to the ages of the parents and the order in which the children were born, that is whether the imbeciles

were the first or last of brothers and sisters, or only children. These records covered the major part of the mongoloid imbecile population of the institutions of the United States and Canada.

Of the mongoloids studied, 870, or 30 per cent., were born to women of 40 years or older, and 68 per cent. came after the optimum period of childbearing, from 24 to 30 years, had passed. All other prenatal factors, such as age of the father or difference in ages of the parents, could be ruled out, Dr. Bleyer said. He concluded that advanced maternal age undeniably plays a part in the development of this condition.

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NUTRITION

## Ignored Milling Product Is New Breakfast Food

**A** NEW breakfast food which is a good source of vitamin B, the appetite vitamin, made its debut before the American Institute of Nutrition.

Dr. Henry Borsook of Pasadena, Calif., who reported it, said it is what millers call "the scalp of the sizings." Dr. Borsook described it as the most palatable of all cooked cereals with the added advantage of being very cheap. It costs from 1 to 3 cents a pound. Large amounts of this food, about a quarter of a pound a day of the dry material cooked up, brought about very rapid recoveries in patients suffering from lack of vitamin B.

Laboratory scientists have split this vitamin into some six parts, each with a different effect on the animal body, but for human dietary needs the practicing physicians who took part in the discussions agreed that all of the vitamin is essential.

Lack of this vitamin was said to be the most outstanding nutritional problem in America. This applies, explained Dr. Frederick F. Tisdall of the University of Toronto, not only to sick persons but to almost the whole population. He estimated that the majority of persons get only a third of the amount of this vitamin that they should have.

### Source of Pep

Common signs of this dietary lack are a feeling of fatigue, loss of pep, lack of appetite, indigestion, pain and other signs of digestive distress.

The scalp of the sizings is not on the

market at present, but there are plenty of foods on the grocer's shelves which contain good supplies of vitamin B. Chief of these are whole wheat bran; whole grain cereals or breakfast foods, especially wheat and oats; fresh compressed yeast cakes; bottled and evaporated milk; lean meats, especially pork; and both dried and green beans.

### Not Enough Letters

Vitamins have grown so numerous as a result of scientific discoveries in recent years that there are no longer enough letters in the alphabet by which to name them. Some of the nutritionists discussed this at a post-meeting session. No new names were decided upon at this christening party, but certain dangers in selecting names for vitamins were pointed out. The scientists who discover new vitamins are accorded the right of godparents to name their discoveries, but they were warned to select them carefully.

Chief danger is the use of names that suggest a curative effect for the vitamin, as this may lead persons to treating themselves. Self-doctoring is frowned on by the medical profession but not from purely selfish motives. The danger is that the patient may be treating himself for one condition when he is actually suffering from something else.

Valuable and even vital time may be lost before he gets fairly started on the road to recovery.

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