

1940

## The Nation Becomes Vitamin Conscious

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## The Nation Becomes

# Vitamin Conscious

*Betty Ann Brady predicts a healthier nation fortified by vitamin and mineral concentrates*

**A** PEPPED up nation of even taller, stronger and longer lived people is the prediction of a conference of nutrition specialists at the California Institute of Technology. Because reports indicate that half the nation is suffering from a chronic vitamin famine, a plan for national health defense by the inclusion of minerals and vitamin concentrates in staple foods has been proposed.

At an estimated minimum cost of \$1.00 per year per person, processors could add these substances. The details of the program include these points: "Until recently, diet was considered mainly a matter of calories and protein. This idea is now outmoded by the discovery of many vitamins.

"The new knowledge of nutrition can make its contribution to our national defense preparations by providing freedom from fatigue, capacity for work under pressure and the feeling of well being. These things constitute one of the chief determining factors in the ability of a nation to rise to an emergency. This ability is at stake.

"We are of the opinion that there is only one really effective and certain way to improve nutrition. This is to add vitamins and minerals to such staple foods as flour, corn meal and sugar, and also to some canned and bottled foods, at the source where they are processed. The plan is practical, simple and inexpensive.

"In the United States we have the knowledge and an abundance of the necessary materials to raise the state of physical and mental well-being of the population well above the average of fortifying a good diet with more vitamins.

"It would be an invaluable addition to our national defense to fortify the diets of our leaders at once and the diets of our whole population as soon as possible.

"In the case of executives and others working under great pressure, basic dietary requirements should be augmented by 5,000 international units of vitamins B<sub>1</sub> and one tablespoon of vitamin B complex concentrate daily and one cubic centimeter of concentrated liver extract each week.

"Our expanding military forces require special applications of the new nutrition. Airplane pilots need to pay special attention to their intake of vitamin A, a deficiency of which causes 'night blindness.' A pilot who relied on butter alone for his vitamin A would have to eat at least fifteen squares, although the same amount of the vitamin is contained in a single drop of halibut liver oil."



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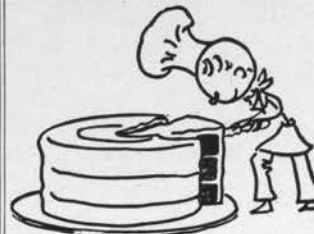


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