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Katherine Hoffman
Iowa State College

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Dr. Hrdlicka Investigates

Menus for the College Miss

by Katherine Hoffman

A venerable curator came out of the east; eight large midwestern universities, and the Bureau of Home Economics yielded a group of nutrition experts from among their keenest scientific minds; a conference was held.

The college girl was the subject under discussion at that conference held at Iowa State College last October. How she eats was the crux of the whole matter. While she was consuming her mid-morning grilled roll and coffee, plans were being laid for five or more years of research. From this research, it is hoped, new truths regarding the college girl's growth, her development, her nutritional well-being, will arise, so that correct and vital standards may be developed by which to judge her diet and her physical fitness.

They discussed plans at this conference, and launched into such technical subjects as balance experiments, food analysis, and anthropometric measurements. It was to show the research workers how to take measurements that Dr. Alas Hrdlicka, curator of the Smithsonian Institution, came from Washington, D. C., to be the guest of the conference. But as he gave the vital information he also gave forth interesting bits of his ripe, mellowed philosophy, garnered from many years of experience with human beings.

"Be sure of your instruments," he cautioned, "watch the health of your subjects, and give your general attention and honesty to your given piece of work until each becomes an indispensable part of your procedure. If you will follow this it will be simple."

This idea that what the college girl eats needs investigating is not one that has sprung up over night. Significant facts have come out one by one. She, herself, has left a trail of evidence in her in her dietetic classes. Quarter after quarter of analyzing what she eats has shown that there is a marked difference between what she is supposed to eat and what she actually does eat.

More than that, physical examinations have revealed that from 50 to 60 percent of the college girl group at Iowa State have borderline secondary anemia. This means that there is not enough good red blood in their systems—that they have not enough hemoglobin to carry all the oxygen a vital, life-abounding body really needs. And this particular thing is the fault of a diet lacking in iron. One hundred of these girls demonstrated this when they promptly improved as they were given more iron.

Then, certain things were known inescapably from all the studies that have ever been made on college women. In the language of the nutritionist, 50 to 60 percent of a series of college women were below the normal for basal metabolism rate. Several little warning signs have appeared to indicate that college women suffer from a "low-grade chronic under-nutrition."

But do not get the idea from this that there is anything terribly wrong with the college girl, so wrong that she should immediately be taken out of school and something done about it. That is not the idea at all. There are no striking cases of diseases due directly to diet. It is not a case of scurvy or rickets. The college girl needs the minimum food requirements without a doubt.

And perhaps the fact that she doesn't eat the very best diet that she could, and that she is not yet the perfect specimen of womanhood that it is the dream of the race to produce—perhaps the reason that she has not attained the ideal as yet, lies in the way the nation as a whole eats. Because, remember, these college girls came from homes before they started to college. And all over the country in the past 40 years there has been a change in the kind of food that is bought—a striking change.

People do not eat exactly the same things that they did 40 years ago. They have deserted the ranks of the cereal eaters. They have gone over to the use of vegetable fats. They drink more milk and they use more eggs, but they also use much more white sugar. They use immense quantities of fruits and vegetables, but these come from several thousand miles away and may have been stored for months, and are not fresh from the backyard. The sugar is refined, the cereals are remanufactured, even the vegetables may be shorn of their valuable minerals and vitamins before they are ever eaten.

Almost half the food the college girl eats comes from sources that have no minerals and vitamins, that furnish only a small amount of the ever-necessary protein. And the college girl does not eat a lot of protein. Because it has been found that the amount of iron she finally gets is almost hand in hand with the amount of protein she gets, it is certain that she has much too little iron in her diet. The amount of calcium and phosphorus she obtains can almost be measured by the amount of milk and cheese she eats. And in view of all this, she can hardly be expected to get more than average amounts of vitamins B and C. Unless she drinks quantities of milk, most of the vitamin A comes from the

Checking the Special Diet
limited portion of fresh vegetables and butter that she takes.

To get all the minerals and vitamins she should have, the college girl would need to eat 3000 calories of our modern food every day. But she does not. Very few college girls feel that he should have, the college girl would at it. Think of the low hemoglobin count, the low basal rate, the irritating little symptoms of the slightly under-nourished. There you will have the reason for this investigation.

Its purpose is to find out the exact truth about the matter. Does the college girl need as much of proteins, carbohydrates, minerals, and vitamins as present standards say she does? Or is she getting more minerals and vitamins than is suspected?

This is not just an Iowa State College project, although its foods and nutrition department has had a great part in the initiation of the work. The Universities of Iowa, Minnesota, Wisconsin, Nebraska, Purdue University, Ohio State University, and Kansas State College are delving into it too. And any others that will meet the requirements of the plan may enter the work.

For it will be work, painstaking, grueling work, years of it. Dr. Hrdlicka is not the only one to realize that. But, like the others in his counsel, he looked beyond the college girl as she is in school. He saw her as the potential mother, as one who would help to influence the fate of the race.

He saw the modern tendencies that must be countered with knowledge and education. "Women," he said once, "through being misled by all sorts of bad examples, have lost the love of home, or have given it up—they never lose it really, they can't lose it—but give it up superficially to follow all sorts of things, ends of rainbows which they never reach."

And so the momentous project has been begun. What the findings will be one cannot say. Even after the data are gathered and the conclusions drawn it will be years before the college girl will become so truly educated that she will not only know what she should eat, but she will see that she does eat it. The goal has been set and it has a purpose behind it.

Fun to Make Scrapbooks

and Fun to Keep Them

by Alvina Iverson

HAVE you ever made a real honest-to-goodness scrapbook that is yours and yours alone? If so you've probably spent more than one evening looking at it when you should have been looking at your chemistry book.

There's something intriguing about a scrapbook. Your scrapbook is so often "you." It probably wouldn't mean anything to anyone else but personal sentiment makes it invaluable to you.

If you decide to make your own scrapbook you have unlimited opportunities for displaying originality and making something that's really yours and yours alone. Your individual taste will probably first be shown in your choice of material for the cover. Extremely attractive covers can be made from construction paper, peasant prints or textiles.

Craft students under Miss Mabel Fisher, associate professor of applied art, have made striking scrapbooks in modern line designs by using ordinary construction paper in harmonizing colors, rather than cutting conventional designs and pasting them on a background.

The binding strip is secured to the cover by bookbinder's linen which can be obtained in a variety of colors. It is cut the length of the cover plus 2" allowances to turn over each end. The width of the linen depends on the width of the binding strip. It should cover the hinge entirely on both sides with approximately 1" inch allowed on each for securing to the larger cardboard. One-eighth inch should be left between the cardboard and the binding strip to insure a flexible hinge. Paste the linen in place on the outside of the cover, turn the linen tabs over the end of the cardboard to the inside, paste down securely, then turn the remaining width of the linen to the inside an-