
Books

GRANDPARENTS knew little of vitamins and other elements of nutrition and their health was good, but today with food rationing coming into the national picture everyone should know all that's possible about food materials.

Improvements in modern living conditions and the modern knowledge of nutrition which have lengthened the life span from approximately 25 to 60 years are discussed by Samuel Glasstone, University professor of chemistry, and his wife Violette Glasstone, associate of the University Research Institute, in their new book, *The Food You Eat*, recently published by the University of Oklahoma Press. (\$2.25.)

In planning nutritious, attractive and economical meals that will satisfy the requirements of a health-giving diet and will at the same time be practical for everyday use, the authors encourage that one provide:

(1) A sufficient number of calories, in the form of carbohydrates, proteins and fats, that is, about 2,500 calories per day for an average adult whose work is largely sedentary; (2) the appropriate amount of high quality protein, about two and a half to three ounces; (3) an adequate proportion of the mineral elements, chiefly calcium, phosphorus and iodine; (4) a plentiful contribution of vitamins; (5) sufficient fibrous material to provide roughage, and (6) about two quarts of water in one form or another.

It must be remembered, state the Glasstones, that a good complexion, excellent morale and other qualities ultimately depend upon all the constituents of the diet, not on just a few vitamins.

"Good health, vigor and morale are based on a well-balanced diet containing sufficient amounts of proteins, carbohydrates, fats, the necessary minerals, and at least eight, possibly more, vitamins. If any one of these constituents is lacking, the body will suffer," they explain.

Even though knowledge of nutrition, advanced as it is, is still far from complete, the diet should be well-balanced and varied and every effort should be made to depend on natural foods whenever possible.

Mr. Glasstone, formerly on the faculty of the University of London and the University of Sheffield in England, was scientific editor of the Princeton University Press before joining the faculty of the Chemistry Department in February, 1942. Mrs. Glasstone, a plant physiologist, was formerly demonstrator in botany at Oxford University and visiting scientist at Rockefeller Institute for Medical Research.

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