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HOUSEKEEPERS' CHAT

WEDNESDAY, August 11, 1937

(FOR BROADCAST USE ONLY)

SUBJECT: "FOOD FOR THE YEARS AHEAD." From a talk by Dr. Louise Stanley chief of the Bureau of Home Economics, United States Department of Agriculture.

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Not long ago Dr. Louise Stanley, chief of the Bureau of Home Economics, made a talk on food and the health of children. What she said is of such interest to women generally, and mothers in particular, that I asked for a copy of her talk so that I could pass it along to you today.

Dr. Stanley said: "The Department of Agriculture with its research specialists and its far-flung extension service is eager to do its part" in protecting the health of every child in the country, as the President urged in his May Day message. "We stand ready to help on questions of food," said Dr. Stanley, "so that children may have the protection that food affords. We want to see children grow sturdy and strong, full of life and vitality. And we want to help you feed them so they can enjoy the extra years which come from good nutrition.

"Dr. Henry C. Sherman, of Columbia University, one of the outstanding nutritionists in the world, has told how he applied the results of his animal studies to human nutrition. He feels sure that by proper feeding you may not only add years to the life of your children but life to their years.

"Dr. Sherman has a stock of rats which he has bred for 40 generations. So he knows the feeding history of the ancestors of the animals now in his laboratory. By very slight changes in the diet, the descendants of animals whose life-span hitherto had averaged 587 days was increased on an average of 65 days. A gain of 10 percent.

"Too bad some of us cannot be Methuselahs so as to try this out on human animals. But Dr. Sherman and other nutritionists feel sure the application can be made--that in the same way better feeding of the human animal can add 10 percent to the life span. In other words, the Biblical 3 score years and 10 may become 3 score years and 17.

"Dr. Sherman's first diet for his rats was 'adequate.' That is, the animals were fairly healthy and able to produce offspring. But by adding to this diet and making it what he calls an 'optimal' diet, he increased the life-span and gave them a longer period in the prime of life. This 'optimal' diet of Dr. Sherman's is the same thing we call a grade A diet. And what puts it in this top class is generous quantities of the 'protective' foods--milk, fruits and vegetables, in addition to the other kinds.

"Also Dr. Sherman calls attention to the fact that 2 important essentials of an adequate diet--vitamin A and calcium--can be stored. He emphasizes that children may not only be fed to supply day-to-day needs, but by a reasonable excess



may be helped to store these essentials for future emergencies. This, Dr. Sherman thinks, accounts for the fact that some children came through the depression without more serious marks of malnutrition.

"So what I want to do today is to tell you something about this grade A diet. I am going to outline briefly some of the ways in which you can get into the diet of your children these protective foods and so help add increased years to their life and life to their years.

"Milk comes first in importance--milk in all forms: fresh, whole, condensed, evaporated, and dried. But remember that important as milk is, it must not replace other essential foods. Children cannot live on milk alone. Some meat or eggs each day, tomatoes or a citrus fruit, and vegetables, especially the green leafy vegetables and the yellow ones are important. Do not let the punster or the food faddist keep you off spinach. It is a good vegetable and most children like it. Whether this is the result of 'Popeye' on the radio and screen, or whether mothers have learned to cook it better, I am not prepared to say. But I do know that children like it. So if you find that getting too much of the milk in fluid form tends to fill up the youngsters and keep them from eating some of the other foods you know they should have, try the nursery-school expedient of not giving milk until some of the other foods have disappeared. You may even delay it until the last of the meal. But be sure both the milk and the other foods do disappear. And after all, if this is taken as something to be expected and no fuss made about it, and if the child lives a normal, active, outdoor life, appetite will prevent food problems.

"Give the child the right foods, at the right time, in the right amounts. Let him know that he is expected to eat what is put on his plate, and in most cases it will disappear quickly. But look out for sweets between meals. Give them as a reward at the end of the meal. Child psychologists may not approve of rewards, but this is a natural one because the end of the meal is where sweets belong."

Dr. Stanley suggested in this speech that mothers interested in giving their children grade A diets were welcome to Department-of-Agriculture publications to help. As long as the Department's free supply lasts, you are welcome to the bulletin on "Food for Children", Farmers' Bulletin 1674. You are also welcome to Leaflet 62 called "Good Food Habits for Children." And then don't forget that helpful one called "Diets to Fit the Family Income", Farmers' Bulletin 1757. Any of these are free to anyone writing direct to the Department of Agriculture at Washington, D. C.

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