DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

鹽　　茶匙三杯（六　瓦）

作り方は(イ)と同様、鹽は好みにより適宜加減する。

5、すいとん

玉蜀黍粉　　一　合（一〇〇瓦）

熱　湯　　一　合（一八〇瓦）

粉を熱湯で練り、適宜に丸めて味噌汁、野菜汁等の沸騰している中に入れ、浮んでくるまで煮る。

以上は玉蜀黍粉を主にした調理法の數例でありますが、勿論小麥粉、芋粉、大豆粉、その他の雜粉類や、芋類、南瓜等を一緒に使えば味もよく、調理し易く、又色々變化のあるものが出來ますので、各地方で得られるものを適當に配合して上手に色々と工夫していたゞきたいと思います。

其の二　脱脂生大豆粉

脱脂生大豆粉は、特に蛋白質の缺乏甚だしい今の食糧事情では、榮養上極めて意義深いものでありますから、充分この價値を發揮するよう、食べ方を工夫いたしましょう。

この粉は主食として米と同量差引で配給されますが、その榮養價は次に示すとおり米とは大變違つております。（一〇〇瓦中）

榮養素 / 食品名	水分	熱量	蛋白質	脂肪	含水炭素	カルシウム	燐	鐵	ビタミンA	ビタミンB1	ビタミンB2	ビタミンC
	グラム	カロリー	グラム	グラム	グラム	ミリグラム	ミリグラム	ミリグラム	国際單位	ガンマー	ガンマー	ミリグラム
七分搗米	一三・三	三五〇	七・二	一・三	七二・二	二六	三九	一	〇	三五〇	六〇	〇
脱脂生大豆粉	九・〇	二八三	四二・五	六・五	一三・六	二四四	六〇〇	三	一〇〇	八〇〇	三〇〇	〇

このように蛋白質は米の約六倍ほどありますから、一日中大豆粕を御假がわりに食べますと、それだけで蛋白質の必要日量八〇瓦の約二倍にも達します。もと〳〵蛋白質は人體にとつてはなくてはならないものですが、必要以上にとる時は却つて害になります。それ故、大豆粉は一日に配給量の約三分の一位までとし、あとの三分の二位は小麥粉その他の穀粉類や芋類等を使うように致しましょう。やむを得ず一食に大豆粉だけを攝る場合は副食として魚や肉等はなるべく避け、野菜類を充分に攝ることが必要であります。

大豆粉とお米の容量は左のように多少違いますから注意を要します。

食品名	一日配給量	一回食量	同上容量
米	三五五瓦	一一八瓦	八　勺（一合　一四〇瓦）
大豆粉	三五五瓦	一一八瓦	一合五勺（一合　約八五瓦）

調理にあたつては大豆粉は火が通りにくいので、加熱時間を充分にし、全體によく熱が通るように氣をつけます。火のよく通らないものを食べたり量を多く攝りすぎたりすると下痢をすることもあり

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

ますから注意しましよう。

大豆粉は、小麥粉や玉蜀黍粉と性質が違つて蛋白質に富んでいることは前に述べた通りでありますが、この特性を利用して色々な調理法が工夫されています。

以下調理法をかゝげてみましよう。

1、パン

(イ) 電流パン

大豆粉	一	合（八五瓦）
水	一	合（一八〇瓩）
重曹	少	〃（〇・五瓦）
鹽	茶匙輕く一杯	（一・五瓦）

材料の全部をまぜ合せ、電流パン器に流し込み燒き上げる。

大豆粉だけでもパンが出來るが、榮養的にも、食味の上からも小麥粉、玉蜀黍粉、芋粉等をまぜ合せて用いるがよい。まぜる割合は、大豆粉を二―三割程度にするのが望ましいが、都合に依りどのような割合にまぜてもよい。又この中に煮たグリンピース、小豆、角切りの芋や南瓜等を入れて燒くと趣がかわる。

(ロ) 蒸パン

大豆粉	三	勺（二一六瓦）
小麥粉	七	勺（七〇瓦）

水	六	勺（一〇〇瓩）
重曹	茶匙半杯	（一　瓦）
鹽	茶匙半杯	（一　瓦）

大豆粉と小麥粉とをよくまぜ、別に重曹と鹽とを水に溶かし、兩者を輕くまぜ合せ、五、六個の小形に丸めて約二五分間蒸す。

小麥粉と大豆粉の割合は任意にしてよい。

大豆粉だけでも出來ないことはないが、加熱時間は少し長くしなければならない。

(ハ) イーストパン

大豆粉	三	勺（二一六瓦）
小麥粉	七	勺（七〇瓦）
微溫湯	四	勺（七〇瓩）
乾燥酵母	茶匙一杯	（二　瓦）
鹽	茶匙半杯	（一　瓦）

大豆粉と小麥粉をよくまぜる。酵母を少量の微溫湯（攝氏三〇度）に溶き泡立つまでおく。殘りの水に鹽を溶かし粉とまぜ酵母の泡立つたものを加えてよく揑ねる。生地は乎水又は乎粉を使つて耳朶位の軟かさに仕上げる。これを丸めて二倍大に膨れるのを待つて燒いても蒸してもよい。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

2、お煎り

大豆粉	一	合（八五瓦）
水	三―四	合（五四〇―七二〇瓩）
鹽	茶匙一杯	
馬鈴薯	三―四	個（四〇〇瓦）

鍋に湯を沸かし亂切りの馬鈴薯を入れ、軟くなつたら鹽を加え、粉を一度に入れかきまぜながら弱火（一〇―一五分間）でよく煮る。

馬鈴薯は半分崩れた位が食べごろです。

馬鈴薯のかわりに他の芋類や南瓜を用いたものもよく、又野菜等を入れても變つたものが出來る。

勿論、大豆粉だけ使うよりも、玉蜀黍粉其の他の穀粉類をまぜて使う方がよい。これを丸めてフライパンで兩面燒してもよい。

3、すいとん

(イ) すいとん

大豆粉	一	合（八五瓦）
熱湯	五	勺（九〇瓩）
野菜汁		

大豆粉に熱湯を注いで煉る。これを適當に丸めて沸湯した野菜汁に落して浮び上るまで火にかける。

(ロ) 變りすいとん

大豆粉	七	勺（六〇瓦）
小麥粉	三	勺（三〇瓦）
水	五	勺（九〇瓩）
重曹		茶匙半杯（一　瓦）
鹽		茶匙半杯（一　瓦）
野菜葛餡		

大豆粉をよく炒り、全部の材料を合せてよく煉り、白墨位の太さにのし、三糎位に切り、熱湯で浮び上るまで茹る。これに野菜葛餡をかける。

4、短　麺（ほうとう）

大豆粉	三	勺（二六瓦）
小麥粉	七	勺（七〇瓦）
水	三	勺（六〇瓩）
鹽		茶匙半杯（一　瓦）
野菜汁		

大豆粉と小麥粉をまぜ、鹽と水とを加えてよく捏ね、薄くのばして細く切る。

野菜汁に入れ、火の通るまで煮る。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

5、シューマイ

大豆粉	一合	(八五瓦)
水	七勺	(一三〇瓩)
魚	少々	
葱	一〇匁	(四〇瓦)
人參	三匁	(一〇瓦)
鹽及胡椒	適宜	

大豆粉を水に煉つておく。魚は燒いてほぐす、野菜はこまかに切る。全部練り合せ、鹽、胡椒で調味し、シューマイの形として蒸すか又はフライパンで燒く。この時片栗粉をまぶせば艶が出る。ソースを添へて食べる。

6、寄せ豆腐

大豆粉	一合	(八五瓦)
水	三合	(五四〇瓩)
食酢	大匙二杯	(二〇瓩)

鍋に湯を沸かし、大豆粉を加え、泡立器かしやもじでかきまぜながら豆乳のにおいがし出すまで約一五分間弱火で煮る。火からおろし熱いうちに食酢を少しづゝ加えて蛋白を凝固させ、これをそのまゝ容器に入れて固めるか、布巾にあけて輕く押し水氣を切る。適當に切り豆腐と同樣に使う。酢はその濃さに依つて使用量を加減する。

豆腐をよせるときに茹でた野菜等を入れてもよい。

凝固劑について參考迄に志村氏發表のものを掲げる。

大豆一瓩につき

苦鹽汁	二倍に薄めたものを五勺位。
固形苦鹽	一〇〇匁を水五合に溶かしたものを二勺位。
硫酸苦土（含利鹽）	一五匁を水五合に溶して加える。
鹽化石灰	一〇匁を水二勺に溶かして加える。
石膏（硫酸石灰）	豆の重量の五パーセントを水溶きしたもの、
梅酢	六合に石灰四—五匁を加えた上澄液。
食酢	醋酸三パーセント含有の食酢三合に石灰四匁を加えた上澄液。使用する場合は溫度の高い方がよい。

7、納豆

大豆粉	一合	(八五瓦)
水	五勺	(九〇瓩)
藁又は桑の葉、納豆菌等	適宜	

大豆粉に熱湯を注ぎ、數本の箸でかきまわし、ぼろ〳〵の小さい塊とする。これを約二〇—三〇分間蒸す。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

笊又は箱に蓆を敷き、その上に蒸した大豆粉を撒げて、上から又蓆をかぶせて周囲を毛布様のもので覆い、攝氏四〇度前後に保溫する。一晝夜—一晝夜半で出來る。

納豆菌を使う場合は普通の納豆少量を洗い、その水を蒸した大豆粉の上にふりかけ箱にとり、後は前と同樣にする。

又蓆も納豆もない場合は、桑の葉を使つて蓆同樣に作つても大變よいものが出來る。

出來た納豆に約一〇パーセントの鹽をまぜておくと、夏でも約一ヶ月位は保存が出來る。

8、味噌

(イ) 麥麹味噌

大豆粉	七合	(六〇〇瓦)
壓搾大麥	五合	(六〇〇瓦)
熱湯	七合	(一三〇〇瓦)
鹽	六〇匁	(二二〇瓦)

麹の作り方　壓搾大麥を洗つて二〇—三〇分間水に浸け、笊にあげておく。これをよく蒸してバットか廣蓋樣の箱に移し麹菌をつけて輕く撹げ、周囲を毛布樣のもので覆い、攝氏三〇度位に保溫する。一晝夜か一晝夜半で麹が出來る。

大豆粉に三合の熱湯を注ぎかきまわしてぼろ〳〵になつたものを二〇—三〇分間蒸す。

殘りの湯で鹽を煮溶かし、冷めない中に麹と大豆粉を一緒にして仕込む。

(ロ) 醬味噌

大豆粉	六合	(五〇〇瓦)
甘醬	一二〇匁	(四五〇瓦)
湯	五合	(九〇〇瓦)
鹽	四五匁	(一七〇瓦)

大豆粉は三合弱の熱湯を加えて前同樣に蒸す。

甘醬は蒸して潰すか裏漉しにかける。殘りの湯で鹽を煮溶かし、醬と大豆粉を一緒に仕込む。

これに古味噌を全體の一割ほど加えるとなおよい。

9、汁物

(イ) 呉汁

(ロ) シチウ

大豆粉を味噌汁に溶かし入れて呉汁のようにしたり、小麥粉のかわりにしてシチウ等を作ることが出來る。

10、サラダ

大豆粉	五匁	(四〇瓦)
水	一合	(一八〇瓦)
鹽、酢、油、胡椒、辛子	適宜	
野菜	適宜	

大豆粉を油で輕く炒つて水と鹽を加え、のばして火にかけよく煉る。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

冷めてから酢を少しづゝ加え、胡椒、辛子等で味を調える。これを野菜で合える。

11、代用乳

大豆粉	五瓦	(小匙輕く山二杯)
小麥粉	九瓦	(小匙輕く山四杯)
油(バター、純良な植物油)	二瓦	(小匙スリキリ一杯)
スープ(又は水)	六匁	(一〇〇瓩)
砂糖	五瓦	(小匙スリキリ二杯)

油を鍋に入れ泡がなくなるまで火にかけ、これに大豆粉と小麥粉を入れてうすくこげるまで炒め、更にスープを少量づゝ加えて粒々のないようにのばし、約五分間かきまぜながら弱火にて煮る。出來れば砂糖味、なければ鹽味とする。なお乳兒で炒らない方をよく食べる場合は焦がさずによく煮て用いることが必要です。

附記　この代用乳一〇〇瓦は蛋白質三・六瓦、脂肪二・九瓦、含水炭素四・六瓦、熱量六〇カロリーで大略牛乳に似た成分をもつている。

又油がないときは次の分量で同樣に作る。

大豆粉	七瓦	(小匙輕く山三杯)
小麥粉	一〇瓦	(小匙輕く山四杯)
スープ	六匁	(一〇〇瓩)
砂糖	五瓦	(小匙スリキリ二杯)

これを人工榮養乳兒に牛乳の補いとして使う場合は次の點を注意すること。

生後三ケ月まではなるべく用いない方がよい。三ケ月以後の乳兒に用いる場合でも全部を代用乳で使うことをせず一日の半量位を用いる。又この場合急激にかえずに、赤ちゃんの便の狀態や一般狀態に注意もながら一本づゝ增してゆく。

12、飲物並びに菓子

(イ) 代用コーヒー

大豆粉を弱火で香ばしく炒り、これに熱湯を注いで粒のないように溶き、一—三分火にかけ甘味を添えて飲む。好みに依つては粉を炒らずに水で溶いて弱火で二〇—三〇分間煮て甘味をつけるのもよい。

大豆粉	三匁	(二六〇瓦)
小麥粉	七匁	(七〇瓦)
水	二・五匁	(四五瓩)
重曹	茶匙半杯	(一瓦)

(ロ) 餡

前と同樣に炒り火にかけ熱湯で練り甘味をつけてこれをかしわ餅又はまんじゅうなどの餡に使う。

(ハ) ビスケット

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

鹽　茶匙半杯（一　瓦）
油　茶匙一杯（約三瓦）

大豆粉、小麥粉、重曹、鹽をよくまぜ合せ、これに油を加へて輕く混ぜ、更に水を加えて煉り、薄くのばして好みの形に切りフライパン又は天火で燒く。油は使はなくてもよいが、輕く出來上らない。

其の三　マイロ（米國產高粱）

マイロは米國產の高粱のことで、私共にははじめての經驗ですから、その食べ方は充分研究し、上手に調理しておいしく有效に食べませう、

マイロはなるべく粉にして配給することゝなつていますが、粒のまゝ配給された場合でもこれを粉にして使つた方が上策です。粉にする場合は砂や塵などをとり除くことが大切です。

成分は次の樣で、米と比較すると蛋白質の含量が幾分多くなつております。（一〇〇瓦中）

食品名＼榮養素	水分	蛋白質	含水炭素	脂肪	纖維	灰分	タンニン	ビタミンB1	熱量
マイロ粉（全粒粉）	グラム 八・六	グラム 一三・五	グラム 七〇・〇	グラム 一・五	グラム 六・六	グラム 一・六	グラム 四・三三	カンマ一 七三	カロリー 三〇八
歩留八〇％	一三・四	一一・三	七三・五	一・〇	二・三	一・〇	四・〇	六〇	三〇八
米	一三・三	七・二	一・二	〇・三	〇・九	一	二五	三五	三〇八
七分搗米	一三・三	七・二	一・二	〇・三	〇・九	一	二五	三五	三〇八

タンニンが約四パーセント含まれておりますが、澁抜きなどをしなくとも大して苦になりません。そのまゝ調食して結構です。

配給日量は米と同量で容量は次のようになります。

食品名	一日配給量	一回食量	容量
米	三五五瓦	一一八瓦	八勺（一合一四〇瓦）
マイロ粒	三五五瓦	一一八瓦	八勺（一合一四〇瓦）
マイロ粉	三五五瓦	一一八瓦	一合二勺（一合一〇〇瓦）

これを知つて、過不足のないようにして食べてゆきましよう。

このマイロ粉は調理上の性質が小麥粉、玉蜀黍粉、大豆粉等とは違つていますから、以下その特性を生かした調理法を幾つかあげてみましよう。

1、餅又は團子

(イ) 煉り餅

マイロ粉　一合（一〇〇瓦）
熱湯　一合（一八〇瓦）

鍋に湯を沸かし粉を入れてしやもじで充分粘りが出るまで煮る。蓋をして約一五分間蒸らす。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

これをよく搗いて適當の形を作る。このまゝ食べてもよく又燒いてもよい。

(ロ) 蒸し餅

マイロ粉	一	合 (一〇〇瓦)
熱湯	一	合 (一八〇瓦)

熱湯と粉を混ぜ、小さくちぎり、中くぼみの形にして一五分間蒸す。これを熱いうちによく搗き、薄餅型にまとめる。

切つてこのまゝ食べてもよく、又燒いてもよい。

これに大豆粉を炒つた黄粉や、芋類、豆類、味噌等をつけて食べるのもよい。

2、お煎り

マイロ粉	一	合 (一〇〇瓦)
熱湯	二	合 (三六〇瓦)
醤油	少	〃

鍋に湯を沸かし、粉を入れてしやもじで充分粘りが出るまで煮る。これを溫いうちに醤油をつけながら食べる。

水は好みによつては粉と同量にしてもよい。又芋類や、野菜類などを茹で、そこに粉を煎り込んでも面白い。

3、パン

(イ) 水で溶く方法

マイロ粉	一	合 (一〇〇瓦)
水	一	合 (一八〇瓦)
重曹	茶匙半	杯 (一 瓦)

材料全部をまぜ、辨當箱等に油を引いて流し込み、約二〇分間蒸す。フライパン等に流して燒いたのではうまくゆかない。

(ロ) 半分糊化する方法

マイロ粉	一	合 (一〇〇瓦)
熱湯	一	合 (一八〇瓦)
重曹	茶匙半	杯 (一 瓦)

鍋に湯を沸かし、マイロ粉の半量を入れてしやもじでかきまぜながら弱火で煮て冷ます。殘りの粉に重曹をまぜ、冷めた煉りものに入れて適當の形に作り蒸すか燒く。或はこれを皮にして餡を詰め、まんじゅうのようにしてもよい。

(ハ) 小麥粉とまぜる方法

マイロ粉と同量の小麥粉をまぜれば、小麥粉同樣の方法でパンが出來る。

4、變りすいとん

マイロ粉	七	匁 (七〇瓦)
小麥粉	三	匁 (三〇瓦)
水	四——五	匁 (七〇—九〇瓦)

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

重　　賈　　茶匙半杯（一　瓦）

野　菜　餡

材料全部をまぜ棒状にまとめ、三糎位に切り、熱湯で茹で、これに野菜餡をかける。

5、マイロ粥

マイロ粒　一　合（一四〇瓦）

水　六　合（一一〇〇瓲）

簡單に水洗いし、約二時間で炊上げる。一晩水につければ一時間半位で炊ける。

其の四　グリンピース

グリンピースの榮養學的の役割は、カロリー源ともなり、又現在日本で一番不足している蛋白質源ともなり非常にすぐれた食品です。

成分を次に示してみましよう。（一〇〇瓦中）

食品名 / 榮養素	水分	熱量	蛋白質	脂肪	含水炭素	カルシウム	燐	鐵	ビタミンA	ビタミンB1	ビタミンB2	ビタミンC
	グラム	カロリー	グラム	グラム	グラム	ミリグラム	ミリグラム	ミリグラム	國際單位	ミリグラム	ミリグラム	ミリグラム
グリンピース	一〇・〇	三五四	二四・五	一・〇	六一・七	一五	三九七	六	三七〇	八五〇	二九	三
七分搗米	三三・二	三三五	七・二	一・三	七一・二	六	三九	一	〇	三五〇	六〇	〇

グリンピースは主食代替となつていても、一度に多量にとることは、大變もつたいないことですから、普通どこでも使つている御飯の炊込みや餡、汁粉等に使つて充分その效力を發揮したいと思います。

一般に粒のまゝ食べる場合は充分に浸水してから煮ますが、粉にしてパンやビスケット、餡、辛羹、スープ等に用いますと大變色の美しいものが出來ます。

1、豆　飯

御飯に二―三割程度入れるがよい。豆は少し硬めに煮たものを使い、或は一晩水に浸したものを普通の御飯を炊くときと同樣に炊上げる。

2、餡

豆を極く柔かに煮たものを水切りして摺りつぶす。これに鹽と甘味料を加えて餡に仕上げる。

3、豆　パン

煮た豆をそのまゝ或は摺り潰してパン生地にまぜて燒く。

又は餡かペーストのように煉つてこれをパンにつけて食べてもよい。

4、スープ

煮た豆を摺りつぶして煮汁を加え、適當の味付をしてポタージュにする。スープの臺に煮干のダシや骨スープ等が使えれば更によいものになる。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

輸入食糧と鯨肉の調理法

Flour 小麦粉

bread イーストパン

材料

Flour 小麦粉 00g (1合)
Dried yeast 乾燥イースト 2g (茶匙すりきり1杯)
Solt 塩 1g (茶匙半杯)
Water (30℃) 微温湯 70cc (約4勺)

調理法 乾燥イーストを微温湯(30℃)に溶き、泡立つまで置く。残りの水に塩をとかし、粉とまぜ酵母の泡立ったものを加へ良くこね濡布きんをかけて30℃の温度に1時間—2時間保温し、二倍大にふくれたらガス抜きをして適宜にまるめ、なほ20〜30分程置きふくれた處を焼くか又は蒸す。

Starch 澱粉

① 澱粉ねり

材料

Starch 澱粉 100g (1合)
Water 水 540cc (3合)

調理法 澱粉に水を除々に加へ、火にかけ、こげつかぬ様、平均に火が通る様、木杓子にてかきまぜ作ら、透明になる迄煮、好みの型に入れ、かため、冷めたらとり出して切る。黄粉などをつけて食べる。

② 澱粉麺

材料

Starch 澱粉 100g (1合)
Water 水 70cc (4勺)

調理法 半量の澱粉に分量の水(又は湯)を加へて火の上でねり澱粉が白色の糊状になった

時、火より下し、直ちに残りの澱粉を加へ、まぜ合せ、よくこねる。これを麺棒でのばし、うどんの様に切って、熱湯で ゆで上げる。
これは味噌汁に入れても良く、醤油、酢醤油、葛あん などで食べてもよい。

③ 羽二重餅

材料
Starch 澱粉 100g (1合)
Sweet potato 甘藷 150g (つぶしたもの一合)
Soy bean flour 大豆粉 85g (1合)
Hot water 熱湯 300〜400cc (1合半〜2合)

調理法
つぶし甘藷の熱い中に大豆粉を加へ、熱湯をそそぎ、火の上でよく煉る。大豆粉に充分火の通った頃、水ときした澱粉を流し込み、よく煉る。餅の様にねばりが出て澱粉が煮えたら火より下し、黄粉の上につみ入れまぶす。
この中に餡を入れても良く、又生地に砂糖を煉り込んでもよい。

Soy bean flour
大豆粉 ① ペースト

材料
Soy bean flour 大豆粉 85g (1合)
Oil 油 4g (茶匙2杯)
Sugar, Solt 砂糖、塩 少々
Water 水 450cc (2合5勺)

調理法
大豆粉を油でいため、水を加へてのばし、充分に煮て、砂糖、塩で味をつける。

② 呉汁

材料
Soy bean flour 大豆粉 20〜30g (大匙4〜6杯)
Niboshi 煮干 3g (おさ皿)
Vegetables 野菜 (芋類・青菜・麩) 150g (約40匁)
Water 水 270cc (1合5勺)
Solt 塩 3g (茶匙一杯半)

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

調理法　かたい野菜は、さきに分量の水を加へて煮、大体、軟くなった處へ寒天粉を入れ、大豆粉を水どきして流し込み、充分よく煮て、塩と少々の醤油で味をつける。

③ サラダ

材料

Soy bean flour	大豆粉	45g	(約5匁)
Water	水	270cc	(1合5勺)
Salt	塩	8g	(茶匙すり切り4杯)
Vinegar	酢	40cc	(2.2勺)
White pottato	馬鈴薯	375g	(100匁)
Carrot	人参	80g	(20匁)
Welsh onion	葱	25g	(6.7匁)

調理法　① 大豆粉に分量の水を加へて　とろ火にてよく煮る　塩を加へ、火より下し、さめてから酢を加へる　② 馬鈴薯　人参はむし適宜に切る　葱は小口切、みかんの皮(みかんの皮)はせん切りとする。(少々)　①と②を混合せる

鯨肉 (Whale meat)

① 鯨肉のペースト

材料

Whale meat	鯨肉	100g	(26.7匁)
Water	水	50cc	(3.3勺)
Carrot	人参	15g	(すり卸したもの大匙山1杯)
Welsh onion	葱	10g	(刻んだもの大匙山1杯)
mandarin orange	みかん皮	少々	
ginger	生姜	少々	
Starch		5g	(大匙すり切り1杯)

調理法　鯨肉を細かく刻み、よくたたいて　すり鉢ですり　分量の水を加へて火にかけ　人参、生姜の卸したもの　みかんの皮のみぢん切り等を加へて　よく煮　甘味料　塩を加へて味をつけ　澱粉の水どきを加へる。

② 角煮

材料

Whale meat	鯨肉	70g	(18.7匁)
ginger	生姜	少々	
Shoyu	醤油		
Sugar	砂糖		

調理法　鯨肉は大きく角切りにして　水を加へて、火にかけ　生姜の薄切りを入れてよく煮　箸が通る様になったら、醤油と砂糖で味をつけ　軟く煮　火より下す　冷めたら薄く切り　皿に盛り　煮汁を少々かける。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

③ 肉まんぢゅう

材料

餡	Whale meat	鯨肉(塩蔵)	50g (3枚)
	carrot	人参(白菜又は青菜)	70g (18枚)
	Welsh onion	葱	80g (20枚)
	oil	油	4g (茶匙2杯)
	Starch	澱粉	5g (大匙すりきり1杯)
	Salt pepper Sugar	塩、胡椒 甘味料	適宜
皮	Flour	小麦粉	120g (1.2合)
	baking powder	重曹	1.2g (半匙すりきり1杯)
	Salt	塩	1g (茶匙半杯)
	Water	水	70cc (約4分)

調理法 ① 鯨肉は塩抜きして細かく切り 70℃で、たいて置く。② 人参、葱、はみぢんに切る。
③ フライパンを火にかけ油を加へて煮立て炒め人参を炒め、次に鯨肉、葱を入れてよく炒め肉の塩味で塩加減し甘味料、胡椒等を加へて味をつけ澱粉又は小麦粉を水ときして流し込み火より下し、五つに分けて丸める
小麦粉、重曹、塩、水をまぜ合せたもので皮を作りあとの餡をつゝみ油でやく。

④ 南蠻漬

材料

Whale meat	鯨肉(塩蔵)	70g (18枚)
Welsh onion	葱	20g (5.3枚)
Mandarin orange	みかん皮	少々
Vinegar, Sugar	酢、砂糖	

調理法 ① 鯨肉は薄く切り塩抜きして熱湯にて茹る
② 葱は3cm長さの千切り みかんの皮はせん切りとする。
③ 酢に砂糖少々加へて ①② の材料を加へて漬け込む。

SIX BASIC FOODS

Vigorous everyday
Combine 6 basic groups.

1. Leafy, green and yellow vegetables
2. Other vegetables and fresh fruits.
3. Soy beans and its products, fish, meat and poultry.
4. 70% polished rice, flour — whole grain and enriched, sweet and white potatoes.
5. Fishmeal and fish with bones, milk and milkproducts, seaweeds.
6. Dried mushroom, cod-liver oil, butter and fortified margarine.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Card of family.

No.		

Occupation	

Residence.

Responsible personell.

Name	relationship	age	Sex	Occupation	Connections Doctor to child under Protind. clothes	Food intake 1st day B	D	S	2nd day B	D	S	3rd day B	D	S	Total number of meals	Number of person
Grand total																

per

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

No.			

Doctor.

Card of nutrition Survey

Location

Name		male / female	date of birth / age
Body length	cm	occupation	grade of activity
body weight / height	kg / kg		
per day	Protein g	Calories cal	

1. Anemia + −	2. Cheilosis + −	3. glossitis & stomatitis + −
4. Loss of Kwashiorkor + −	5. Edema + −	6. Hyperkeratosis + −
7. chronic diarrhea + −	8. Delayed menstruation + −	9. Bradycardia + −
10. Poor lactation + −	11. Xerophthalmia + −	12. remarks

Date of survey Welfare Minority

Amount of food-intake classified by family, route of supply and name of food.

No.			

Number of family		Converted figure to adult	Protein		rate		Total number of persons during 3 days
			Calories		rate		

Name of food	groups	Ration			free market			home production			Others			Total				
		grams	protein	Calories	gr	pro	Cal	gr	Pro	Cal	gr	Pro	Cal	grams	Protein	Calories	fat	Carbohydrate
1. Grain Products	rice																	
	barley																	
	Wheat (including flour)																	
	Miscellaneous																	
2. Nuts																		
3. Potatoes	Sweet																	
	White																	
	Other potatoes																	
4. Sugars																		
5. Edible fats and oils																		
6. Legumes	Soy-bean																	
	Soy-bean Products																	
	Other legumes																	
7 fish and shells																		
8 Meat and poultry																		
9 Eggs																		
10. Milk and milk products																		
1.	rice																	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

10. Milk and milk products

1. Grain products	Barley	
	Wheat (including flour)	
	Miscellaneous	
2. Nuts		
3. Potatoes	Sweet	
	White	
	Other potatoes	
4. Sugars		
5. Edible fats and oils		
6. Legumes	Soy-bean	
	Soy-bean products	
	Other legumes	
7 fish and shells		
8 Meat and poultry		
9 Eggs		
10. Milk and milk products		
11 L.G.Y. vegetables		
12 Citrus fruits (including tomatoes)		
13 Other fruits		
14 Other vegetables		
15 Sea-weeds		
16 dried vegetables		
17 Pickled vegetables		
18 flours		
Total of animal products		
Total of vegetable products		
Total		
Potatoes	White	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

	Total	
Potatoes	White	
	Other potatoes	
4 Sugars		
5 Edible fats and oils		
6 Legumes	Soy-bean	
	Soy-bean products	
	Other legumes	
7 fish and shells		
8 Meat and poultry		
9 Eggs		
10 Milk and milk products		
11 L.G.Y. vegetables		
12 Citrus fruits (including tomatoes)		
13 Other fruits		
14 Other vegetables		
15 Sea-weeds		
16 Dried vegetables		
17 Pickled vegetables		
18 Flour		
Total of animal products		
Total of vegetable products		
Total		
Adult person per capita per day		

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Food-intake card

No. | | |

responsible personell

residence

date	name of dishes	name of foods	amount consumed food, classified by its supply: ration	free market	home production	others	remarks
For example	steamed rice with sweet potatos	rice	3 go				
		sweet potato		200 monme			
3rd/Feb	miso-soup	miso	18 monme				
		welsh onion			one of wich		
		dried fish powder				one spoon full	

potatos | sweet potato | monme

18

	potatos	sweet potato		monme					
3rd/Feb	miso-soup	miso	18 monme						
		welsh onion				one of wick			
		dried fish powder						one spoon full	

Remarks

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Monthly Report on Nutrition.
Hospital Feeding Program. (month)

Type of Hospital		No. beds.	Total no. of patients
Total no. patients taking Ordinary meal	Total no. patients taking Soft diet	Total no. patients taking liquid diet	Total no. patient by hosp.

Group of foods		Quantity of a month	Difference of receiving: general ration	Special ration	Other	Total per capita per day	Total amount actually consumed	calori per capita per day	Protein per capita per day	note
1. Grain products	Rice									
	Barley									
	Wheat-flour									
	other									
2 Nuts										
3. Potatoes	Sweet-Potatoes									
	White-Potatoes									
	Other-Potatoes									
4 Sugar										
5. Fat & oil										
6 Legumes	Soy-bean									
	Soy-bean products									
	Other-bean									
7. Fish & Shells										
8. Meat & poultry										
9 Eggs										
10 Milk & milk products										
11 L.G.Y Vegetables										
12. Citrus Fruits										
13. Other Fruits										
14. Other Vegetables										
15. Sea Weeds										
16. Dried Vegetables										
17. Pickles "										
18. Seasonings										
	Miso									

Total no. patients	Total no. Patients	Total no. Patients	Total no. Patient

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Total no. patients taking Ordinary meals	Total no. patients taking Soft diet	Total no. patients taking liquid diet	Total no. patient by Korp.

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1. Grain products	Rice									
	Barley									
	Wheat-flour									
	other									
2 nuts										
3. Potatoes	Sweet-Potatoes									
	White-Potatoes									
	Other-Potatoes									
4 Sugar										
5. Fat & oil										
6 Legumes	Soy-bean									
	Soy-bean products									
	other-bean									
7. Fish & Shells										
8. Meat & poultry										
9 Eggs										
10 Milk & milk products										
11 L.G.Y Vegetables										
12. Citrus Fruits										
13. Other Fruits										
14. Other Vegetables										
15. Sea weeds										
16. Dried Vegetables										
17. Pickles "										
18. Seasoning										
content	Miso									
	Shoyu									
	Salt									
	Other									
total										

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

SHORT HISTORY OF THE HOSPITAL ADMINISTRATION SCHOOL

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

SHORT HISTORY OF THE HOSPITAL ADMINISTRATION SCHOOL

1. For the development and promotion of the hospital administration in Japan, the Council for Establishing Model Hospitals which was established in January, 1948, under the directive by GHQ, agreed to establish the Hospital Administration School attached to the First National Hospital of Tokyo.

2. In the 1948 fiscal year it was difficult to have sufficient budget for the establishment of this school. Therefore, the short hospital administration training course of one week were held 5 times during the period from September to October for 170 persons who were directors of the national hospitals or national sanatoria. And, each member of the council gave a lecture on his Special research. After this training the hospital administration of each national hospital and sanatorium made remarkable progress.

3. In June 1949, the Ministry of Welfare was successful to establish the Hospital Administration School. On June 1, the opening ceremony of the school was held splendidly under the presence of Col. Johnson and the Minister of Welfare. From the day the long-term training course started. Students were young members of each national hospital and learned the theory and practical side of hospital management.

4. Late in June, a training course of a week was held for the medical inspector in each prefecture.

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4. Late in June, a training course of a week was held for the medical inspector in each prefecture.

5. As the schedule of this year, we are preparing to hold 2 training courses of two months from October 1949 and January 1950: and also to have other several short training courses for all hospitals in Japan.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

6. Good and careful guidance and encourgement of GHQ officials are great help for the management of the school.

7. Staff of the School:

Director-General	Dr.K.Sakaguchi	(1st National Hospital)
Executive Director	Dr.H.Moriya	(ditto)
Full-time teachers	Dr.Y.Yoshida	(Welfare Ministry)
	Dr.T.Shimanouchi	(1st National Hospital)
	Dr.K.Nakamura	(Welfare Ministry)
	Dr.K.Iwasa	(Ditto)
Parttime teachers	Dr.R.Azuma	(Welfare Ministry)
	Dr.T.Honna	(National Hospital of Sagami)
	Dr.S.Iwai	(National Hospital of Kurihama)
	Dr.H.Hashimoto	(St.Luke's Hospital)
	Dr.K.Ōmori	(Keio University)
	Dr.M.Chigusa	(Imperial Relief Association)
	Dr.S.Kuriyama	(1st National Hospital)
	Prof.H.Kishida	(Tokyo University)

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

The plan of the training school for the Hospital administration:

(1) Members of the school (Manager and full-time teachers)

Director-general (Chief of the Tokyo 1st National Hospital)	Medical officer	Y. Sakaguchi
Director (The Tokyo 1st National Hospital)	Medical officer	H. Moriya
Main staff: (Medical Affairs Bureau)	Medical officer	Y. Yoshida
" "	" "	T. Shimauchi
" "	" "	K. Iwasa
" "	Secretary	K. Nakamura
" "	" "	K. Matsushita
" "	" "	I. Sato

ii Employees:

General affairs and accounts	one
Drawing, library and translation	one
Cook	one
Housekeeping	one
Servant	one

(2) Instructors (including Part-time teachers)

An introduction	(Chief of Med. Affairs Bureau)	R. Azuma
Organization and Physicians of the Hospitals	Medical Officer	Y. Yoshida
Clinical Departments	Chief of Tokyo 1st National Hospital	Y. Sakaguchi
Materia Medica	Chief of the Pharmaceutical Section of Tokyo 1st N.H.	C. Hata

Main staff:
(Medical Affairs Bureau)

			(Medical Affairs Bureau)
"	"	"	"	T. Shimauchi
"	"	"	"	K. Iwasa
"	"	Secretary		K. Nakamura
"	"	"	"	K. Matsushita
"	"	"	"	I. Sato

ii Employees:

General affairs and accounts	one
Drawing, library and translation	one
Cook	one
Housekeeping	one
Servant	one

(2) Instructors (including Part-time teachers)

An introduction	(Chief of Med. Affairs Bureau)	R. Azuma
Organization and Physicians of the Hospitals	Medical Officer	Y. Yoshida
Clinical Departments	Chief of Tokyo 1st National Hospital	Y. Sakaguchi
Materia Medica	Chief of the Pharmaceutical Section of Tokyo 1st N.H.	C. Hata
Nursing Department	Chief of St.Luke Hospital or Chief of the Nursing Section of W/M	H. Hashimoto S. Hora

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Medical Social Service	Chief of the clinics of Saiseikai	M. Chigusa
Dietary Department	Prof. of Keio Univ.	K. Omori
Service Department	Vice-director of Tokyo 1st National Hospital.	O. Kuriyama
Hospital-building	Prof. of Tokyo University	H. Kishida
Equipment	Chief, Sagamihara National Hosp.	F. Honna
Business of Hospital	Director of this school	H. Moriya
Investigation and Statistics	Medical officer	T. Shimauchi
Personnel Management in Hospital	Secretary	K. Nakamura
Medical Laws and Regulations	Chief of Medical Affairs Section of W/M	S. Kono
Management of Hospital	Chief of National Hospital Section Section of W/M	R. Ozawa
Management of Sanatorium	Chief of the National Sanatorium of W/M	I. Omura
Social Insurance	Chief of the Health Insurance Section of W/M	T. Tomono

(3) The plan of this year:

1) Outline:

A) The populatization of the general idea of the hospital administration (Re-education of managers of hospitals and hospital inspectors)

B) The training of the special managers of hospitals (Physicians who intend to give themselves to the hospital administration and other people who are going to be hospital manager)

C) The investigation, researches and consultation con-

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

C) The investigation, researches and consultation con-

Business of Hospital	Director of this school	H. Moriya
Investigation and Statistics	Medical officer	T. Shimauchi
Personnel Management in Hospital	Secretary	K. Nakamura
Medical Laws and Regulations	Chief of Medical Affairs Section of W/M	S. Kono
Management of Hospital	Chief of National Hospital Section Section of W/M	R. Ozawa
Management of Sanatorium	Chief of the National Sanatorium of W/M	I. Omura
Social Insurance	Chief of the Health Insurance Section of W/M	T. Tomono

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B) The training of the special managers of hospitals (Physicians who intend to give themselves to the hospital administration and other people who are going to be hospital manager)

C) The investegation, researches and consultation concerning hospital administration.

ii) Short course for the hospital administration

1time:	6 days	lecture	24 hours
		research	12 hours

6 times through this year

Date	Students
1 May	Chiefs of the general affairs section of National Hospitals
2 June	Medical Inspectors
3 July	Medical Inspectors
4 October	Chiefs of the Public and Private Hospitals
5 November	Chiefs of the National Sanatoria
6 January	Chiefs of the Public and Private Hospitals (chiefly taught by the above mentioned instructors)

iii) Research Course

1 time 2 months

4 times through this year

lectures	85 hours
research	107 hours
practice	192 hours

Date	Students
1. June and July	From the National Hospitals
2. Sept. and October	From the public and private hospitals
3. November and Dec.	" " "
4. January and February	" " "

Subjects and Teachers

History of the Hospital (Y. Yoshida); Establishment of the Hospital ( ); Organization (H. Yoshida); Admission and discharge of patients (H. Moriya); Physician and Stuff (Y. Yoshida); Clinics (H. Moriya); Subsidiary Organ

4 October Chiefs of the Public and Private Hospitals

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Stuff (Y. Yoshida); Clinics (H. Moriya);

4 October	Chiefs of the Public and Private Hospitals
5 November	Chiefs of the National Sanatoria
6 January	Chiefs of the Public and Private Hospitals (chiefly taught by the above mentioned instructors)

iii) Research Course

1 time	2 months	lectures	85 hours
		research	107 hours
4 times through this year		practice	192 hours

Date	Students
1. June and July	From the National Hospitals
2. Sept. and October	From the public and private hospitals
3. November and Dec.	" " "
4. January and February	" " "

Subjects and Teachers

History of the Hospital (Y. Yoshida); Establishment of the Hospital ( ); Organization (H. Yoshida); Admission and discharge of patients (H. Moriya); Physician and Stuff (Y. Yoshida); Clinics (H. Moriya); Subsidiary Organ (H. Shimauchi); Nursing services ( ); Dietary (H. Shimauchi); Out-patients (H. Shimauchi); Medical social service (Y. Yoshida); Records (H. Shimauchi); Library (H. Shimauchi); Managements (H. Moriya and K. Nakamura);

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Service (H. Moriya); Personnel (H. Moriya and K. Nakamura); Ethics (Y Yoshida); Public Education (Y. Yoshida); Special Hospitals (Y. Yoshida); Orders (T. Shimauchi); (Other special subjects are taught by part-time teachers)

(4) Preparation

i) To make the Ministerial orders of this school

ii) To open the school from 1 June 1949

iii) To publish on 20 May 1949

Ministerial Ordinance Concerning the Training School for the Hospital Administration (Draft)

Art.1. A Director-general shall be put in the training-school for the hospital administration.

2. The Director-general shall control the business provided by the Par 1, Art. 33 of the Law, under the supervision of the Minister of Welfare.

3. The administrator of the Tokyo 1st National Hospital shall be appointed this Director-general of this training school.

Art. 2. A director shall be put in the training school for the hospital administration, and the Minister of Welfare shall appoint this director.

2. The director shall administrate the business, under the supervision of the Director-general, and shall take the place of the Director-general when he can not do

i) To make the Ministerial orders of this school

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

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DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Plain of the School for Hospital Administration Attached to
the First National Hospital of Tokyo
(March 24, 1949)

1. Purpose:

Teaching and training the hospital administrators to learn the special and scientific knowledge of the modern hospital administration.

2. Students:

Administrators of the National, Public and other leading hospitals, or persons requested to learn the hospital administration.

3. Course of study:

a. Long-course (Term 2 months)

ca. 10 students in one course

(4 time in a year)

Hours of study:

Lecture	85 hours
Seminar	107 hours
Practice	192 hours
	384 hours

b. Short-course (Term 6 days)

30 students in one course

6 times in a year

Hours of study

Lecture	24 hours
Seminar	12 hours
	36 hours

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

2. Students:

Administrators of the National, Public and other leading hospitals, or persons requested to learn the hospital administration.

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6 times in a year

Hours of study

Lecture	24 hours
Seminar	12 hours
	36 hours

4. Accommodation:

A part of the First National Hospital of Tokyo.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

5. Expenditure:

Fee for teachers	15.000
Travel expense for some teachers	14.160
Office expense	50.000
Studing expense	78.750
Accommodation (first expense)	491.000
Training expense	121.800
Total	770.710

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

LONG COURSE CURRICULUM OF THE SCHOOL OF HOSPITAL ADMINISTRATION

30 May 1949

1 Lectures

Day	A. M.	P. M.
1 June	The opening address (10 a.m.)	
2	History of hospitals (2 hours)	Promoting and building the new hospital (3) Organization (2)
3	Organization (2) Admitting Department (2)	Medical Staff (3)
4	Clinical Department (3)	Adjunct diagnostic and therapeutic facilities (4)
6	Clinical Depart ment (3)	Adjunct diag. and therap. facil. (2) Nursing dept. (2)
7	Nursing Department (3)	Dietary department (4)
8	Out-patient Dept. (3)	Nursing dept. (4)
9	Medical social service dept. (2)	Medical records dept. (5)
10	Medical records dept. (5)	Library (2)
11	Business dept. (3)	Service dept. (2)
13	Personnel Management (3)	Business dept. (4)
14	Ethics (3)	Public education (4)
15	Special hospitals (3)	Standing orders (4)
16	Standing orders (1)	Building (3)
	Medical Supplies and equipment (3)	
17	Building materials and coal (4)	Building (3)
1 June	The opening address (10 a.m.)	Laws and regulations of soci-

1 June	The opening address (10 hours)	Laws and regulations of soci-
2	History of hospitals (2 hours)	Promoting and building the new hospital (3) Organization (2)
3	Organization (2) Admitting Department (2)	Medical Staff (3)
4	Clinical Department (3)	Adjunct diagnostic and therapeutic facilities (4)
6	Clinical Depart ment (3)	Adjunct diag. and therap. facil. (2) Nursing dept. (2)
7	Nursing Department (3)	Dietary department (4)
8	Out-patient Dept. (3)	Nursing dept. (4)
9	Medical social service dept. (2)	Medical records dept. (5)
10	Medical records dept. (5)	Library (2)
11	Business dept. (3)	Service dept. (2)
13	Personnel Management (3)	Business dept. (4)
14	Ethics (3)	Public education (4)
15	Special hospitals (3)	Standing orders (4)
16	Standing orders (1)	Building (3)
	Medical Supplies and equipment (3)	
17	Building materials and coal (4)	Building (3)
18	Statistics (3)	Laws and regulations of social security and medical service (4)
20	National hospital (7)	
21	National Sanatoria (7)	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

II Practice

Day	A.M.	P.M.
22 June	Director's room	Business department
23	Business department	"
24	Accounting	"
25	Medical administrative dept.	"
27	" "	"
28	Surgical dept	"
29	"	"
30	Operating room	"
1 July	Medical dept.	"
2	" "	"
4	Latoratory	Physical therapy, X-ray
5	Medical social service	"
6	Head nurse's room	Wards
7-9	Wards	"
11-12	Nursing school	"
13	Pharmacy	"
14	Dietary department	"
15	" "	"
16	Conference	"
18	"	"
19	Intern system	Autopsy
25	Medical administrative	

19	Intern system	Autopsy
25	Medical administrative dept.	"
27	" "	"
28	Surgical dept	"
29	"	"
30	Operating room	"
1 July	Medical dept.	"
2	" "	"
4	Latoratory	Physical therapy, X-ray
5	Medical social service	"
6	Head nurse's room	Wards
7-9	Wards	"
11-12	Nursing school	"
13	Pharmacy	"
14	Dietary department	"
15	" "	"
16	Conference	"
18	"	"
19	Intern system	Autopsy

III Self Study

Day	A.M.	P.M.
20-23	Self study	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

IV Inspection of Other Institutions

Day	A.M.	P.M.
25-29 July	Inspection	
30	The closing address	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

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(Suginami-Ku Momoidaiichi)

A BILL OF

	Name of Food	Weight	Protein	Fat	Cal		Name
3 Oct (Mon) MILK	Skim milk	25	9	0.3	90	6 Oct (Thur) STEW	
	Sugar	3	—	—	—		
	Salt	0.1	—	—	—		
Total			9	0.3	90	Total	
4 Oct (Tues) Herring & Boiling vegetables	Herring	20	9.	3.	62	7 Oct (Fri) Stop, a field day	
	Irish Potatoes	80	1.6	0.0	64		
	Carrot	10	0.3	0.0	0.7		
	Sugar	5	—	—	—		
	Syoyu	5	—	—	—		
Total			10.9	3.0	133		
5 Oct (Wed) Misoshiru	Miso	12	1.5	0.5	19	8 Oct (Satur) MILK	
	Niboshi	2	0.2	1.4	1.6		
	Tofu	26	1.0	1.8	38		
	Aburaage	3	0.8	0.6	5		
	Taro	20	0.0	0.4	18		
	Welsh Onion	10	0.0	0.3	10		
	Edible Burdock	4	0.0	0.0	4		
	Carrot	6	0.2	0.0	5		
Total			2.5	6.2	105	Total	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

26 Dg

A BILL OF FARE

Food	Weight	Protein	Fat	Cal		Name of Food	Weight	Protein	Fat	cal
	25	9	0.3	90	6 Oct (Thur)	Beef	10	2	3	33
	3	—	—	—		Skin milk	10	3.6	0.1	18
	0.1	—	—	—		Irish potatoes	80	0.8	0.0	32
					STEW	Onion	10	0.1	0.0	2
						Chinese Cabbage	10	0.1	0.0	1
						Carrot	4	0.1	0.0	2
						Snap bines	5	0.1	0	1
						Wheat flour	10	0.1	0.1	36
						Soybean oil	1.5	—	1.5	14
						Salt	1	—	—	—
		9	0.3	90	Total			7.9	4.7	139
	20	1.	3.	62	7 Oct (Fri)					
	80	1.6	0.0	64	Stop,					
	10	0.3	0.0	0.7	a field day					
	5	—	—	—						
	5	—	—	—						
		10.9	3.0	133						
	12	1.5	0.5	19	8 Oct (Satur)	Skin milk	25	9	0.3	90
	2	0.2	1.4	1.6		Sugar	3	—	—	—
	26	1.0	1.8	38	MILK	Salt	0.1	—	—	—
	3	0.8	0.6	5						
	20	0.0	0.4	18						
	10	0.0	0.3	10						
	4	0.0	0.0	4						
	6	0.2	0.0	5						
		2.5	6.2	105	Total			9	0.3	90

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Prefectural Film Libraries

REGION	PREFECTURE	BUILDING	ADDRESS
Hokkaido	Hokkaido	Pref. Library	Nishi-5-chome Kitaichijo Sapporoshi
Tokyo	Tokyo	Pref. Library	28 1-chome, Tsukiji. Chuo-ku, Tokyo-to (Kyobashi Library)
Kanagawa	Kanagawa	CIE Library	Kita-ku. Yokohamaeshi
Shizuoka	Shizuoka	Pref. Library (Aoi Bunko)	254 Ottecho. Shizuoka-shi
Tohoku	Aomori	Pref. Government	Ono.Aomori-shi
	Iwate	Pref. Library	86, Uchimaru, Morioka-shi
	Miyagi	" "	27, Kotodaidori, Sendai-shi
	Akita	" "	29, Higashinekoyamachi. Akita-shi
	Yamagata	Pref. Government	Hatagocho. Yamagata
	Fukushima	Pref. Library	20, Sugitsumacho. Fukushima-shi
	Niigata	Pref. Library	Yoriimachi, Niigata-shi
Kanto	Ibaraki	Pref. Government	Kita-san-no-maru. Mito-shi
	Tochigi	Pref. Library	356, Shiodamachi, Utsunomiya-shi
	Gumma	Pref. Government	Kuruwamachi. Maebashi-shi
	Saitama	Pref. Library	73 3-chome, Takasagomachi. Urawa-shi
	Chiba	" "	2 Ichibamachi. Chiba-shi
	Yamanashi	Pref. Government	Tachibana-cho. Kofu-shi
	Nagano	Pref. Library	Asahi-machi, Nagano-shi
Tokai-Hokuriku	Toyama	Pref. Library	Omotecho, Toyama-shi
	Ishikawa	Kanazawa Municipal Library	65 Tonomachi, Kanazawa-shi
	Gifu	Pref. Government	1 Tsukasamachi, Gifu-shi
	Aichi	Pref. Government	Minami Sotoboricho. Nichi-ku, Nagoyashi
	Mie	CIE Library	Komei-cho Tsu-shi
	Fukui	Pref. Government	Shiro-machi. Fukui-shi
Kinki	Shiga	Industry Cultural Hall	1 Higashiura, Otsu-shi (Sangyo Bunka Kan)
	Kyoto	Pref. Library	Okazaki, Sakyo-ku. Kyoto-shi
	Osaka	" "	Nakanoshima. Kita-ku. Osaka-shi
	Hyogo	Pref. Government	5-chome. Yamatedori. Ikuta-shi
	Nara	Kashiwara Library	Unebicho, Takaichi-gun. Nara-ken
	Wakayama	Pref. Library	Jonai, Wakayama-shi
Chugoku	Tottori	Pref. Library	Nishimachi, Tottori-shi
	Shimane	" "	Tonomachi, Matsue-shi
	Okayama	Pref. Government	Kamiifuka, Okayama-shi
	Hiroshima	" "	Mondo-cho. Hiroshima-shi
	Yamaguchi	" "	Itsukushima, Yamaguchi-shi
Shikoku	Tokushima	Pref. Government	Tomita-Uramachi. Tokushima-shi
	Kagawa	Pref. Library	Gobancho, Takamatsu-shi
	Ehime	Pref. Government	Ichibancho, Matsuyama-shi
	Kochi	" "	Marunouchi, Kochi-shi
Kyushu	Fukuoka	Pref. Government	Tenjinmachi, Fukuoka-shi
	Saga	" "	36 Akamatsu, Sagashi
	Nagasaki	Pref. Library	1 Kaminishiyama-machi, Nagasaki-shi
	Kumamoto	" "	Honmarumachi, Kumamoto-shi
	Oita	" "	Niagemachi, Oita-shi
	Miyazaki	Pref. Government	Miyatamachi, Miyazaki-shi
	Kagoshima	" "	Yamashitamachi, Kagoshima-shi

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

RECENT EDUCATIONAL FILMS

A. Motion Pictures

1. Civil Information and Education Section (adaptations and documentary film).

CI&E No.	Title
08	Winged Scourge
21	World Food Problem
28	Government, The Public Servant
29	Children's Supervised Play
32	Medical Specialist
34	Modern Medicine
35	Studying Our Town
47	Pale Horsemen
63	Our Eating Life
86	Have Care of Tuberculosis
95	Defeat Tuberculosis
99	The Doctor (in English only)
109	Lady of Science
111	Stop Silicosis
114	Rodent Control
115	Recreational Health Center
122	Water, Friend or Enemy
123	Public Sanitation
128	The CARE Story
131	The Model Health Center

Prints of the above films are available through the Prefectural Film Libraries.

2. Department of the Army Medical Films Released for Use by Military Government Teams for Showings to Japanese Nationals in Public Health and Public Welfare Programs, (see attached list).

3. Japanese Produced Films

a. Environmental Sanitation	Reels	Producer
This Town, That Town	2	Dentsu Movie Company, Tokyo
The Fly	2	Riken Motion Picture Co., Tokyo
The Mosquito	2	Toei Company, Tokyo
Story of DDT	2	Naigai Movie Company, Tokyo

b. Communicable Disease	Reels	Producer
Story of Bacteria	2	Juji-ya Company, Tokyo
Humans and Parasites	1	Juji-ya Company, Tokyo
Diphtheria	1	Takeda Pharmaceutical Co., Tokyo
Diphtheria Immunization	-	Nippon Manga, Tokyo
Japanese Schistosomiasis	5	Shionogi Pharmaceutical Company, Tokyo
Parasites in the Stomach	2	Nihon Caricature Company, Tokyo
Leprosy	2	Nihon Motion Picture Company, Tokyo

c. Venereal Disease Control		
Flesh and the Devil	1	Miyako Eiga Sha, Tokyo
Flowers of the Poisonous Plant		
Part I. The Great Imitator	2	Shionogi Drug Mfg. Co., Tokyo
Part II. Gonorrhea	2	" " " " "

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

c. Venereal Disease Control

	Reels	Producer
Part III, Chancroid, Lymphogranuloma	2	Shionogi Drug Mfg. Co., Tokyo
Purity of Blood	-	Miyako Eiga Sha, Tokyo

d. Public Health

Health for the Future	2	Takeda Pharmaceutical Co., Tokyo
Mothers and Child Handbook	2	Hanabusa Yoko Educational Motion Picture, Tokyo
Diary of a Public Health Nurse	2	Yamaguchi Prefecture and Western Japan Movie Film Production Co.
New Health Centers	2	Ministry of Welfare
Penicillin	2	Nagai Movie Company, Tokyo

e. Sex Education - Birth Control

Sex and Life	2	Riken Motion Picture Co., Tokyo
Beautiful Instinct	7	Radio Motion Picture Co., Tokyo
Flowers and Fertilization	1	Juji-ya Company, Tokyo
Pistil and Stamen	2	Riken Motion Picture Co., Tokyo
Pure and Beautiful	2	Nihon Eigasha, Tokyo
Knowledge of Birth Control	2	?

f. Miscellaneous

Growing Children	1	Nihon Manga Company, Tokyo
Children's Paradise	1	Educational Motion Picture Company, Tokyo
Story of Soy Bean	2	Toei Company, Tokyo
We Bloom	2	Ministry of Welfare
Japan After the War	3	Repatriate Relief Board
Native Land	2	Ministry of Welfare
Confessions of a Gynecologist	-	Daiei Motion Picture Co., Tokyo
Ports for Repatriates	2	Repatriate Relief Board
Shooting Star is Still Alive	5	Daiei Motion Picture Co., Tokyo
National Park, Fuji and Hakone	3	Sightseeing Company, Tokyo

B. Film Strips

1. Civil Information and Education Section - None.

2. Department of the Army - None.

3. Japanese Produced

a. Environmental Sanitation

	Producer
Lice	Micro Film Co., Tokyo
Flies	Micro Film Co., Tokyo
Story of Flies	Okuda-Shokai, Tokyo
Story of Mosquitoes	Okuda-Shokai, Tokyo
Rats	Mainichi Educational Slide Company, Tokyo

b. Communicable Diseases

Eruptive Typhus	Micro Film Co., Tokyo
Parasites - Part I	Okuda-Shokai, Tokyo
" - Part II	" " "
" - Part III	" " "
Round Worms	Mainichi Educational Slide Company, Tokyo
Spirochaeta	Riken Motion Picture Co., Tokyo

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

b. Communicable Diseases (Continued)

	Producer
Contagious Disease	Mainichi Educational Slide Company, Tokyo
I am a Tubercle Bacilli	Okuda-Shokai, Tokyo
Story of Tuberculosis Prevention	Ministry of Education
Mr. Lungs	Educational Motion Picture Company, Tokyo
Common Sense in Control of Tuberculosis	Okuda-Shokai, Tokyo
Mr. Wakasugi and Tuberculin	Riken Motion Picture Co., Tokyo
When you Contact Tuberculosis	Riken Motion Picture Co., Tokyo
Misunderstanding in Control of Tuberculosis	Okuda-Shokai, Tokyo
Treatment of Tuberculosis	Okuda-Shokai, Tokyo
I am BCG	Riken Motion Picture Co., Tokyo
Venereal Disease	Okuda-Shokai, Tokyo
What is Veneral Disease?	" " "
Blind Birds	" " "
Life of Dysentery Bacilli	Riken Motion Picture Co., Tokyo
Tom's Failure	Okuda-Shokai, Tokyo
Decayed Tooth	" " "

c. Public Health

Parental Affection	Okuda-Shokai, Tokyo
Because I am a Mother	" " "
For Children	" " "
Mother's Diary	" " "

d. Miscellaneous

Cats and Sunflower	Riken Motion Picture Co., Tokyo
Story of Blood	Ministry of Education
Before you Consult a Doctor	Micro Film Company, Tokyo
Until a Doctor Comes	" " " "
The First Step in Physical Training	Okuda-Shokai, Tokyo
The Weak Ken-chan	" " "
Story of Taro	" " "
Hands	" " "
Habit	" " "
Dawn of Village	" " "
Menses	" " "

e. Nutrition

Story of Nutrition	Educational Motion Picture Company, Tokyo
Common Sense of Nutrition	Okuda-Shokai, Tokyo
Correct Nutrition	" " "

C. Miscellaneous Visual Aids

1. Baloptican productions (opaque cards)

Civil Information and Education Section
a. Model Health Center
b. Oral Hygiene

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

The above productions have been distributed to Civil Affairs Teams and are available through the Prefectural Visual Aid Centers (see "Prefectural Film Libraries").

2. Exhibits

Civil Information and Education Section has prepared several exhibits concerning health and welfare. Arrangements for the loan of these exhibits may be made by contacting the Exhibits Branch, Information Division, Civil Information and Education Section, GHQ, SCAP, APO 500 (ATTN: Mrs. F. Baker).

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

Department of the Army Medical Films Released for Use by Military Government Teams for Showings to Japanese Nationals in Public Health and Public Welfare Programs

Film No.	Film Title	Central Film & Equipment Exchange - APO 343	I Corps Film & Equipment Exchange - APO 301	IX Corps Film & Equipment Exchange - APO 309	Kobe Base Film & Equipment Exchange - APO 317	7th Inf. Div. Film & Equipment Exchange - APO 7	1st Cav. Div. Film & Equipment Exchange - APO 201	24th Inf. Div. Film & Equipment Exchange - APO 24	25th Inf. Div. Film & Equipment Exchange - APO 25	GHQ Film & Equipment Exchange - APO 500
PMF 5020	Removal of Magnetic Foreign Bodies from the Eye	X								
PMF 5021	Removal of Intrathoracic Foreign Bodies	X								
FB 195	DDT - Weapon Against Disease	X	X	X	X	X	X	X	X	X
FS 8 -49	Animal Injuries - Prevention, First Aid and Emergency Treatment	X	X							
FS 8 -54	Animal Diseases - Prevention, First Aid, Emergency Treatment	X								
FS 8 -55	Classes and Grades of Poultry	X	X	X	X	X		X	X	X
FS 8 -60	First Aid and Sanitation - Disposal of Waste	X	X	X	X	X		X	X	X
FS 8 -62	Water Supply and Purification	X	X	X	X	X		X	X	X
FS 8 -63	Communicable Disease Control - Control of Respiratory Diseases	X	X	X	X	X		X	X	X
FS 8 -64	Control of Insect Borne Diseases	X	X	X						
FS 8 -70	First Aid for Non-Combat Injuries	X	X	X	X	X		X	X	X
FS 8 -79	Anatomy and Physiology	X	X	X	X	X		X	X	X
FS 8 -81	Ward Management and Nursing - Part I - Ward Management, Temperature, Pulse, Respiration, Bedmaking, Bathing	X	X	X						
FS 8 -82	Ward Management and Nursing - Part II - Foods and Fluids, Body Wastes, Specimens, Enemas, Medicines, Heat and Cold	X	X							
FS 8 -98	Sterile Technic	X								
FS 8-102	Roller Bandages, Circular Modified Gibson, etc.									

Department of the Army Medical Films Released for Use by Military Government Teams for Showings to Japanese Nationals in Public Health and Public Welfare Programs

Film No.	Film Title	Central Film & Equipment Exchange - APO 343	I Corps Film & Equip. Exchange - APO 301	IX Corps Film & Equip. Exchange - APO 309	Kobe Base Film & Equip. Exchange - APO 317	7th Inf. Div. Film & Equip. Exchange - APO 7	1st Cav. Div. Film & Equip. Exchange - APO 201	24th Inf. Div. Film & Equip. Exchange - APO 24	25th Inf. Div. Film & Equip Exchange - APO 25	GHQ Film & Equip. Exchange APO 500
TF 8-953	Malaria, Cause and Control	X	X	X	X	X	X	X	X	X
TF 8-999	The Fly	X	X	X	X	X	X	X	X	X
TF 8-1378	Clinical Malaria	X	X	X	X	X	X	X	X	X
TF 8-1382	Care of the Sick and Injured-Surgical Dressings	X	X	X	X	X	X	X	X	X
TF 8-1383	Care of Sick and Injured, Enemas	X	X	X	X	X	X	X	X	X
TF 8-1388	The Heart and Circulation	X	X	X	X	X	X	X	X	X
TF 8-1389	Mechanism of Breathing	X	X	X	X	X	X	X	X	X
TF 8-1390	Digestion of Foods	X	X	X	X	X	X	X	X	X
TF 8-1391	Control of Body Temperature	X	X	X	X	X	X	X	X	X
TF 8-1392	The Work of the Kidneys	X	X	X	X	X	X	X	X	X
TF 8-1393	The Nervous System	X	X	X	X	X	X	X	X	X
TF 8-1394	The Eyes and their Care	X	X	X	X	X	X	X	X	X
TF 8-1395	Endocrine Glands	X	X	X	X	X	X	X	X	X
TF 8-1396	Body Defenses Against Disease	X	X	X			X	X		
TF 8-1429	Physiology of Anoxia - The Basis of Inhalation Therapy	X	X	X	X	X	X	X	X	X
TF 8-1430	Oxygen Therapy Procedures	X								
TF 8-1460	Care of Sick and Injured, Chain of Asopsis	X	X	X		X	X	X	X	
TF 8-2049	First Aid for Non-Battle Injuries	X	X	X			X	X		
TF 8-2096	Dental Health	X	X	X				X		X
Misc 1230	Schistosomiasis (Snail Fever)	X								
PMF 5016	Thoracic Surgery - Part I, Hemothorax with Consideration of Specific Remedial Exercises	X								
PMF 5017	Thoracic Surgery Part II - Foreign Bodies in the Lung and Mediastinum	X								
PMF 5018	Thoracic Surgery, Part III- Foreign Bodies in the Pericardiem and Heart	X								

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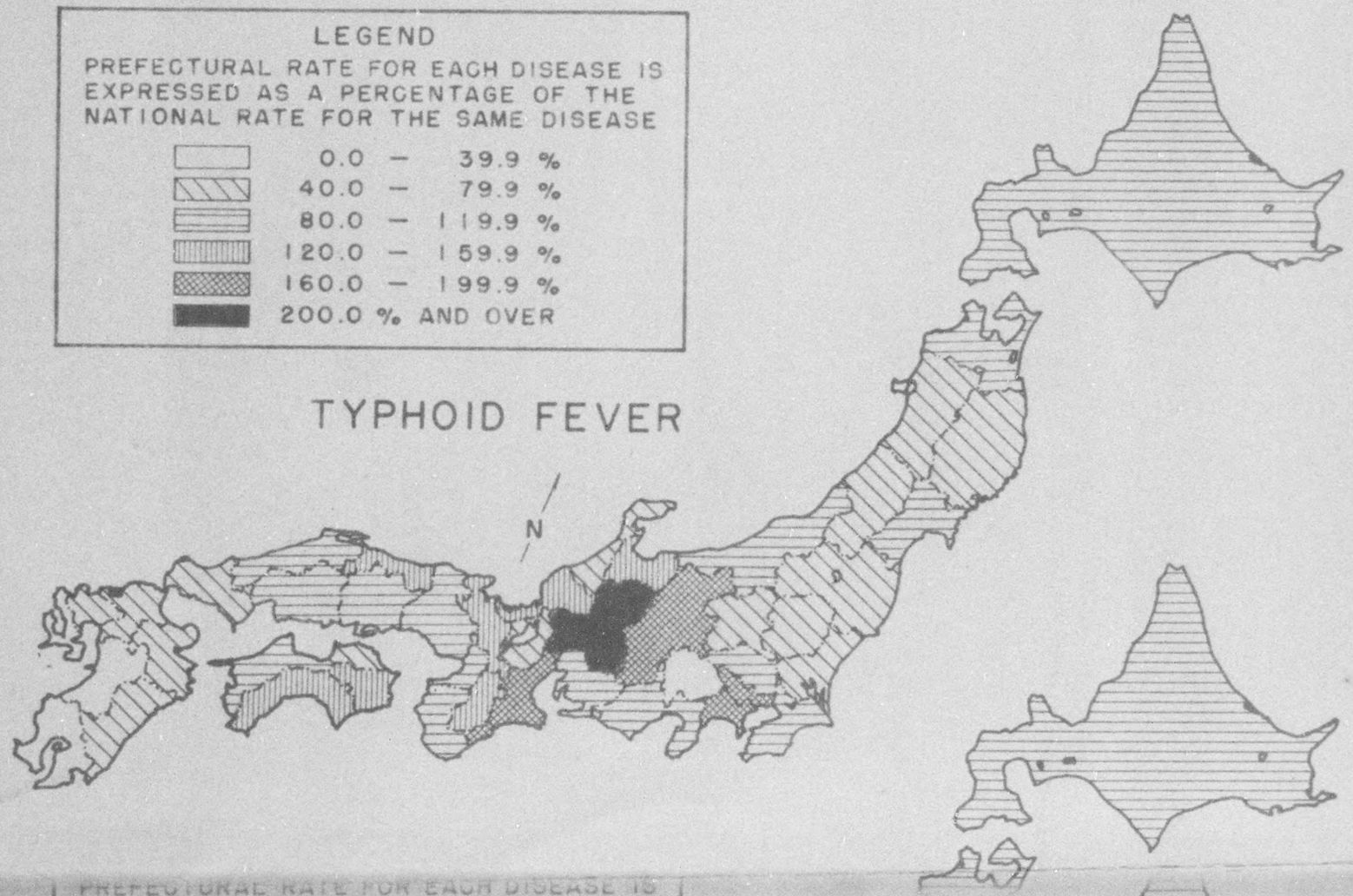
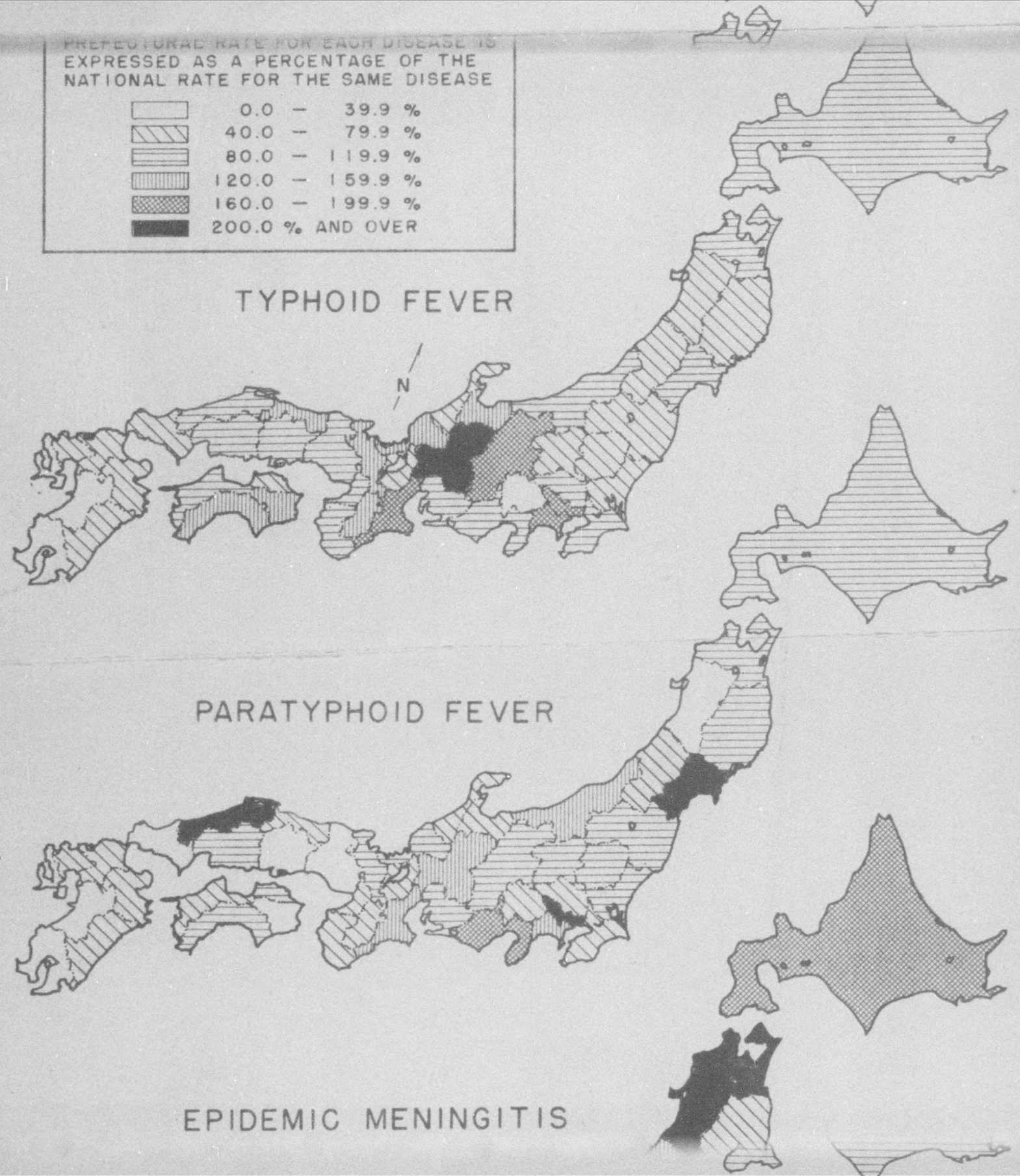
30 (4)

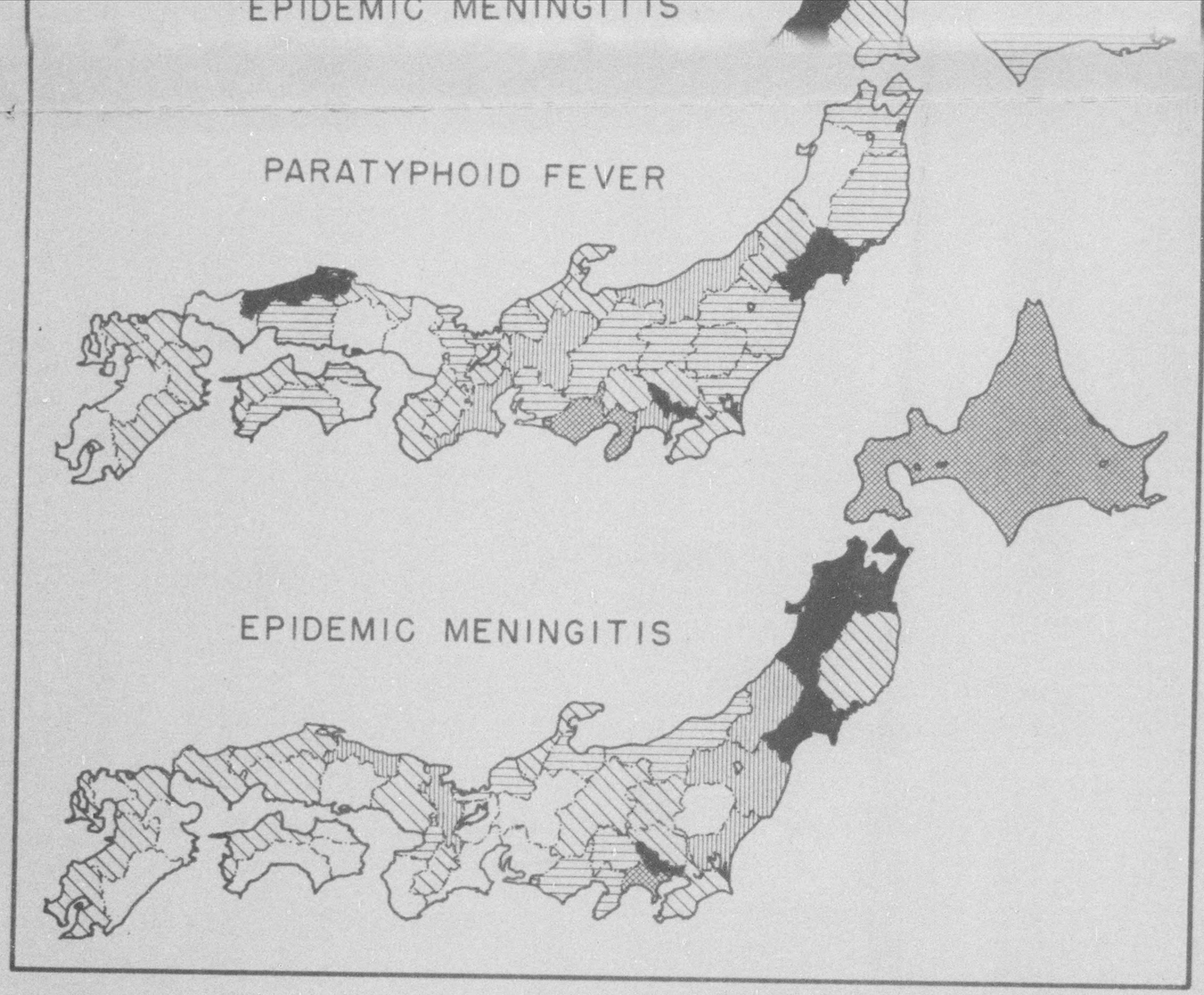
PREFECTURAL MORBIDITY STATISTICS

1948 CALENDAR YEAR





DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013



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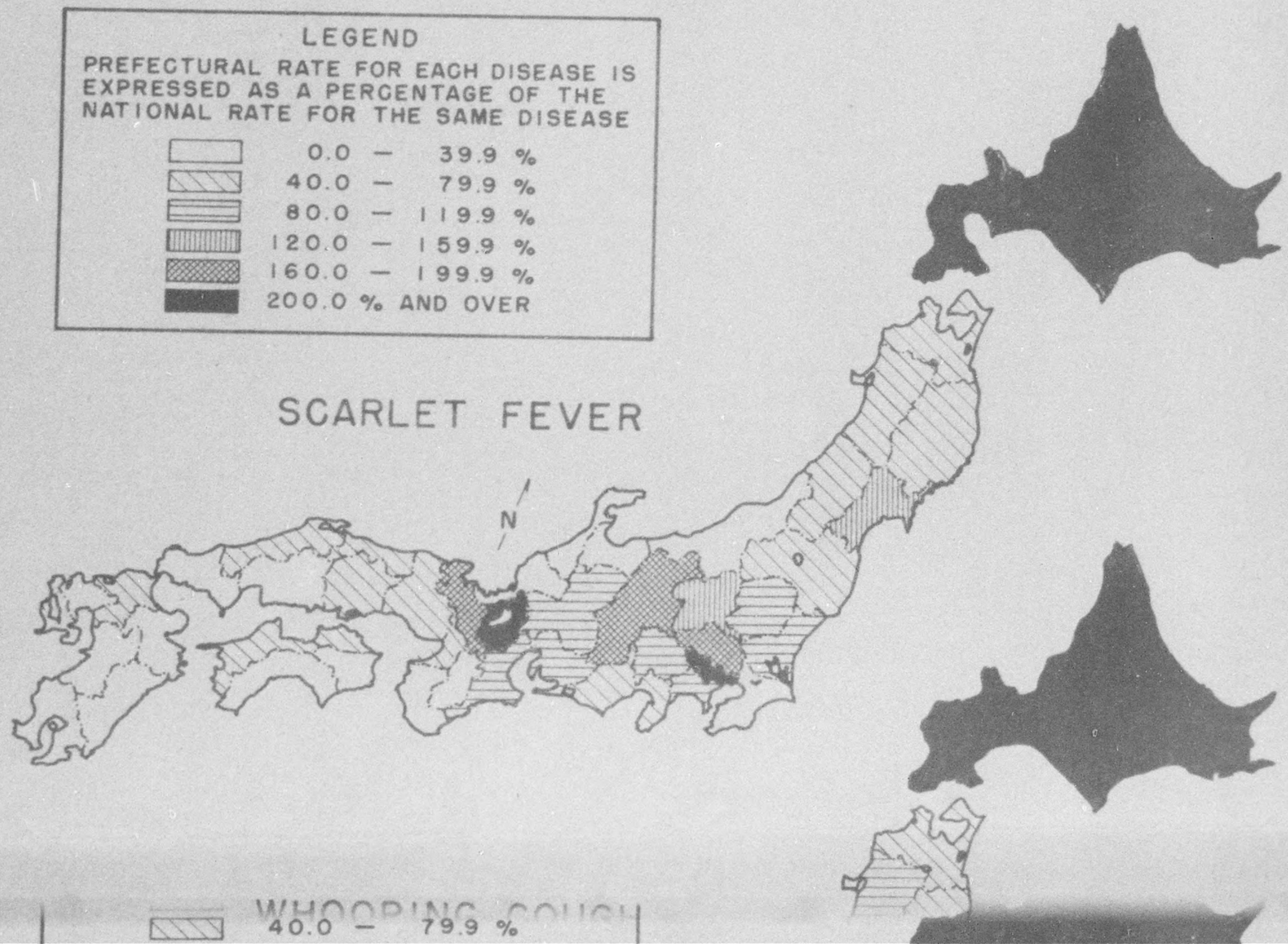
PREFECTURAL MORBIDITY STATISTICS

1948 CALENDAR YEAR



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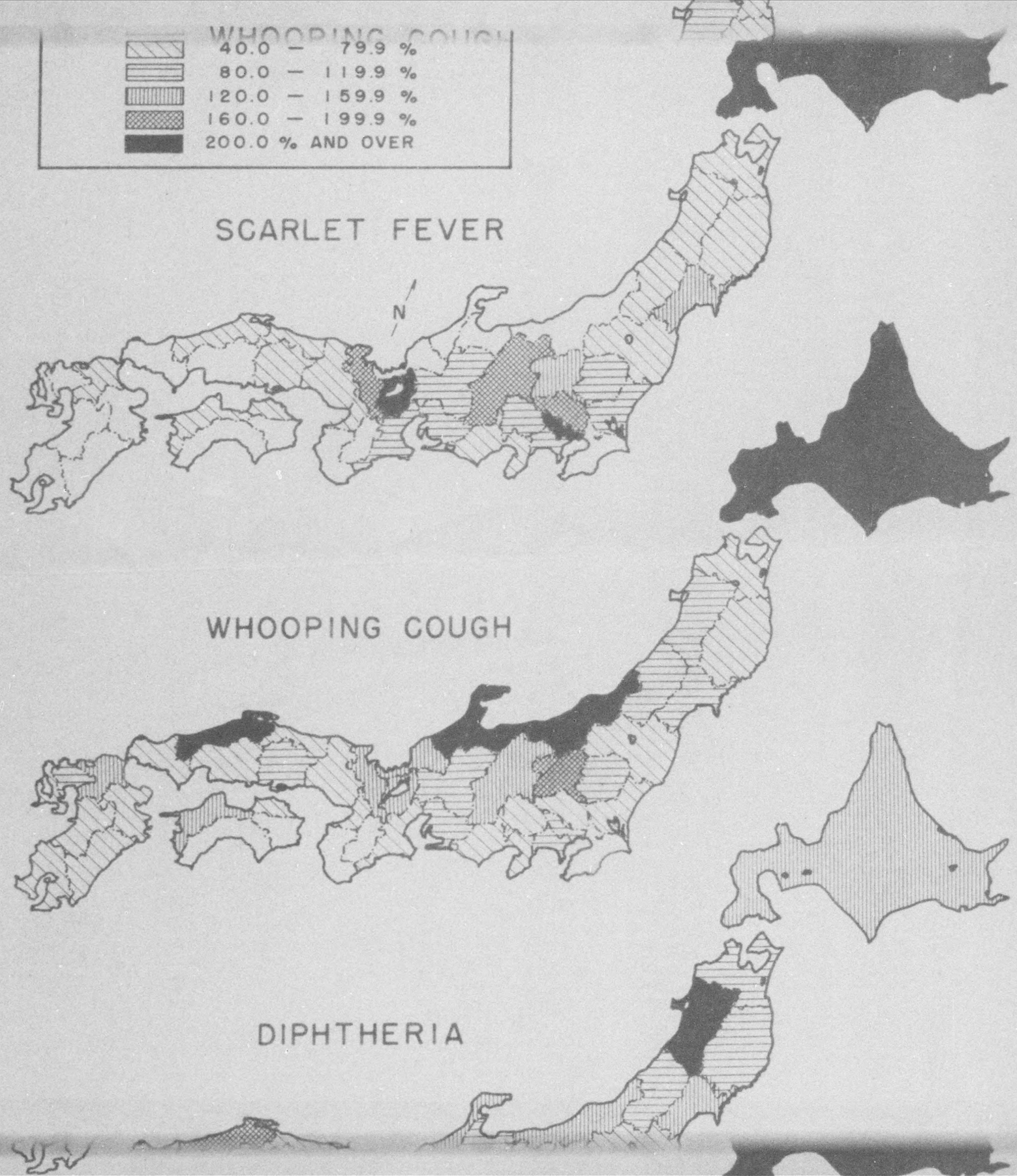

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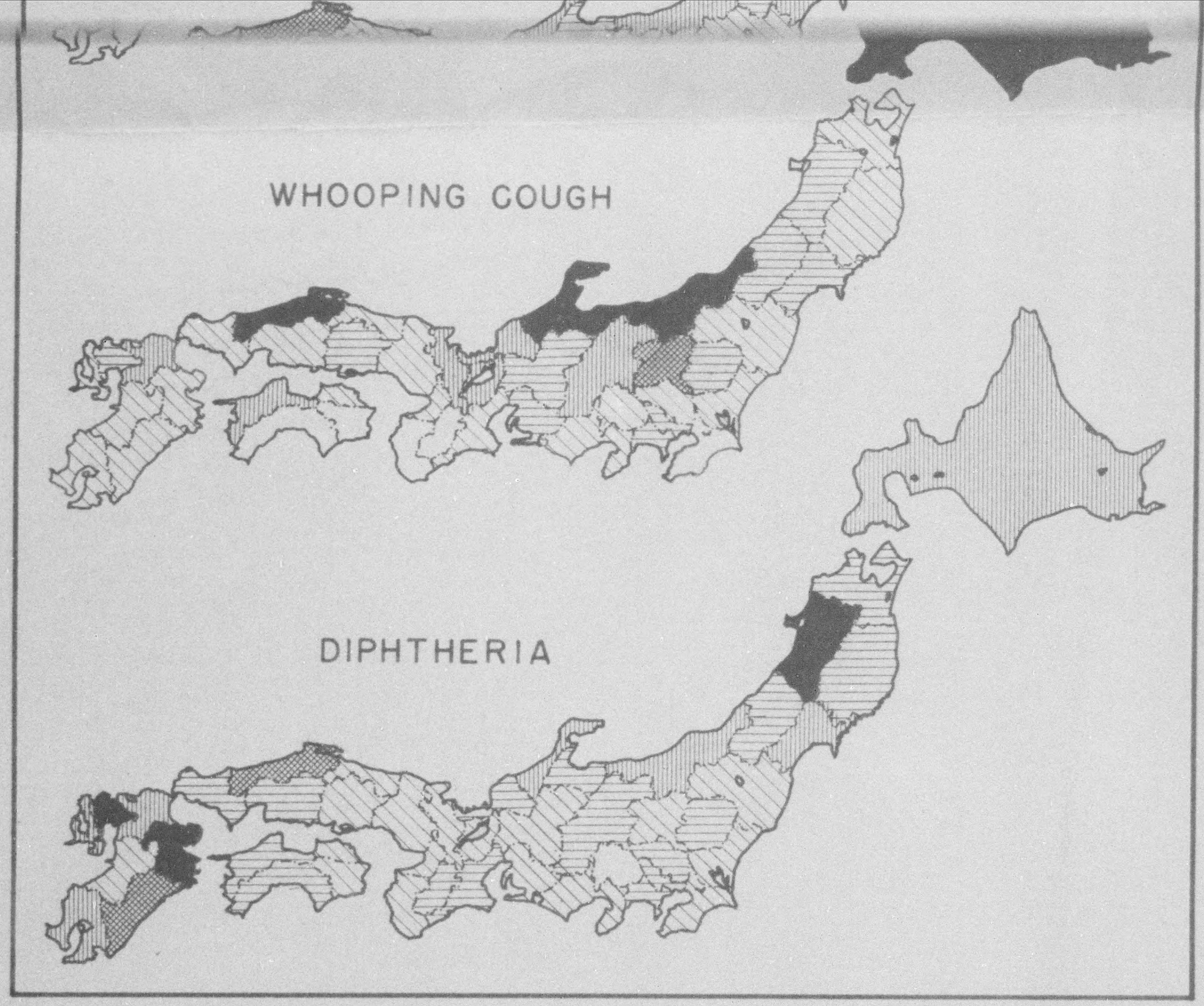

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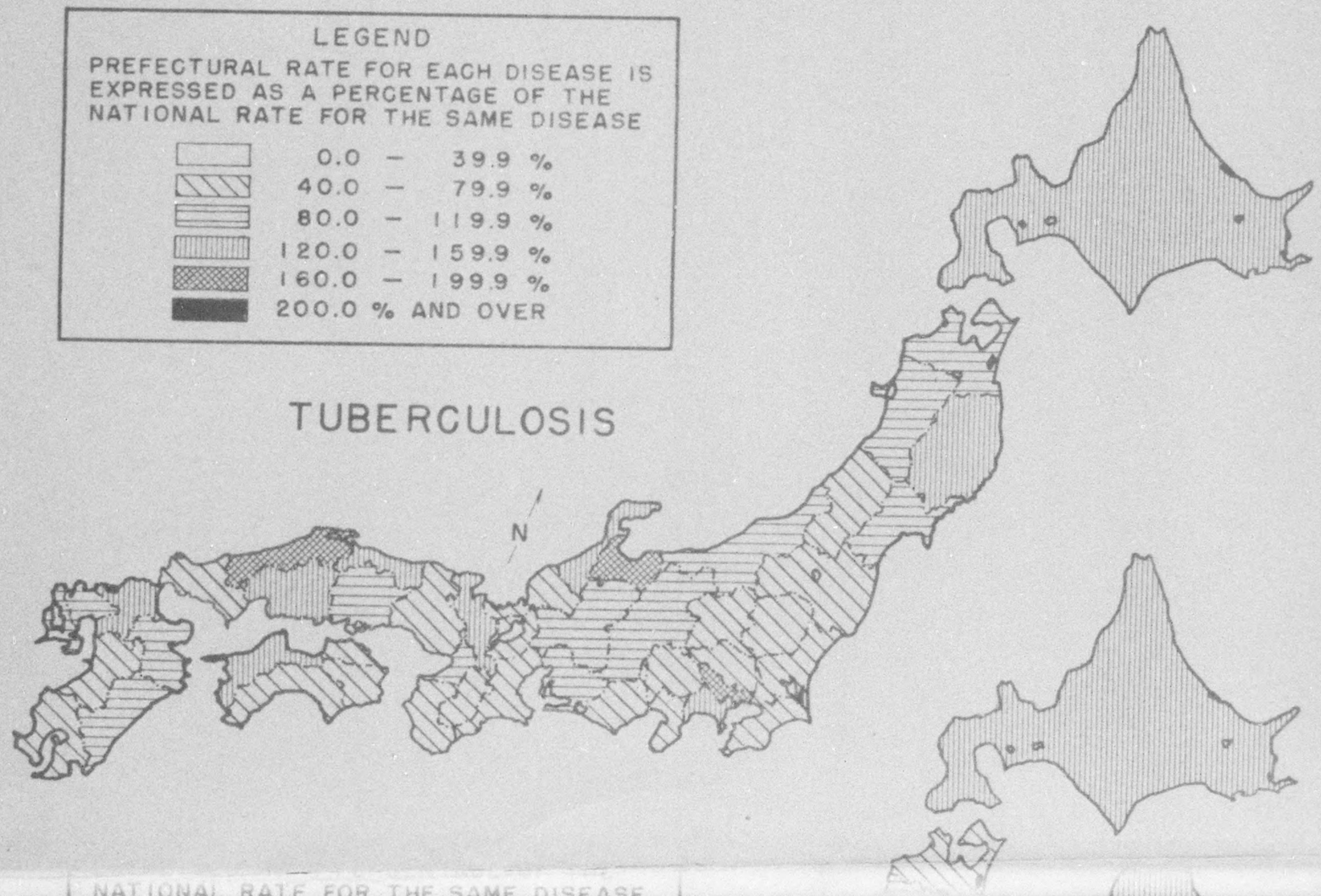
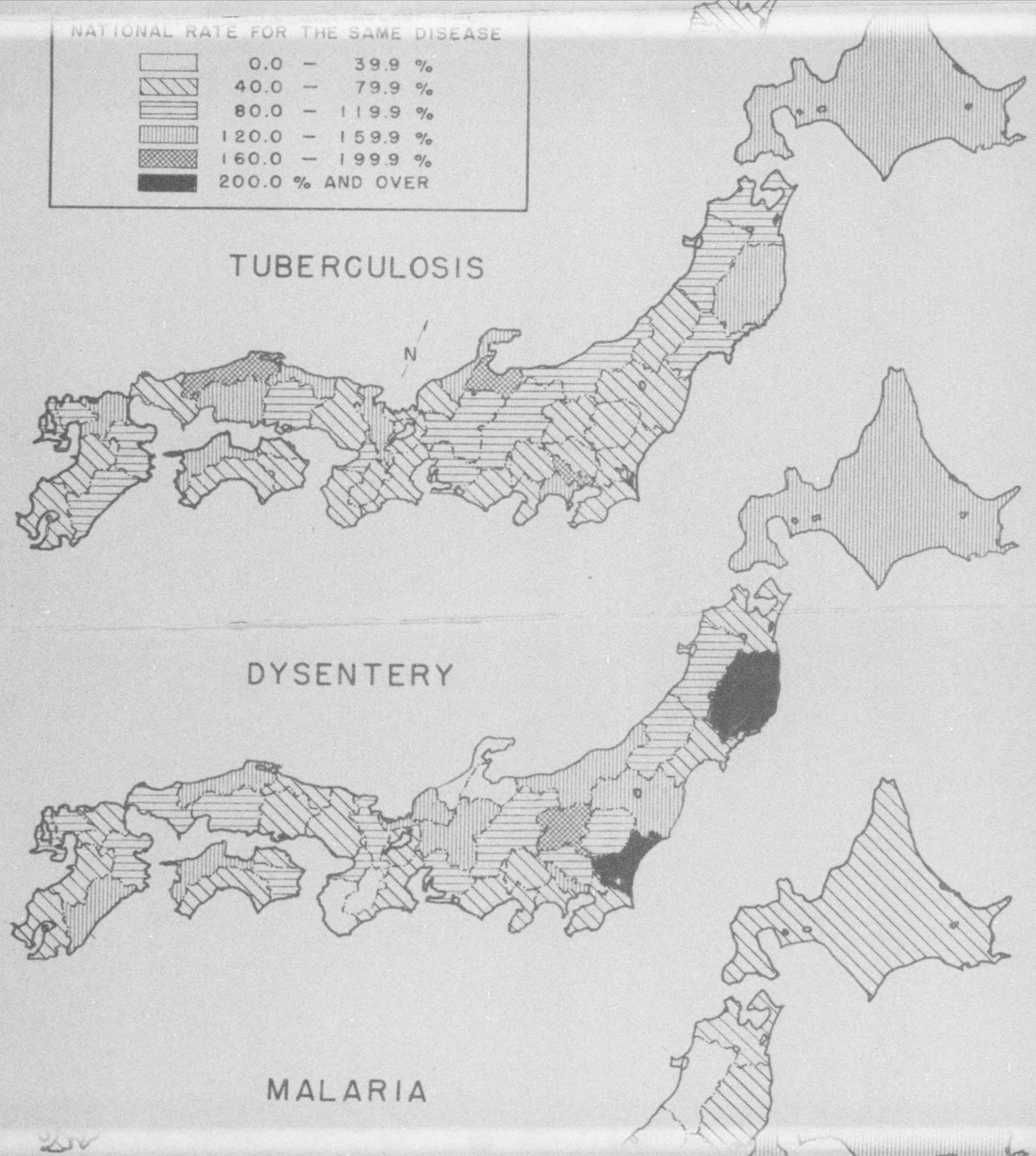
DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

PREFECTURAL MORBIDITY STATISTICS

1948 CALENDAR YEAR



NATIONAL RATE FOR THE SAME DISEASE



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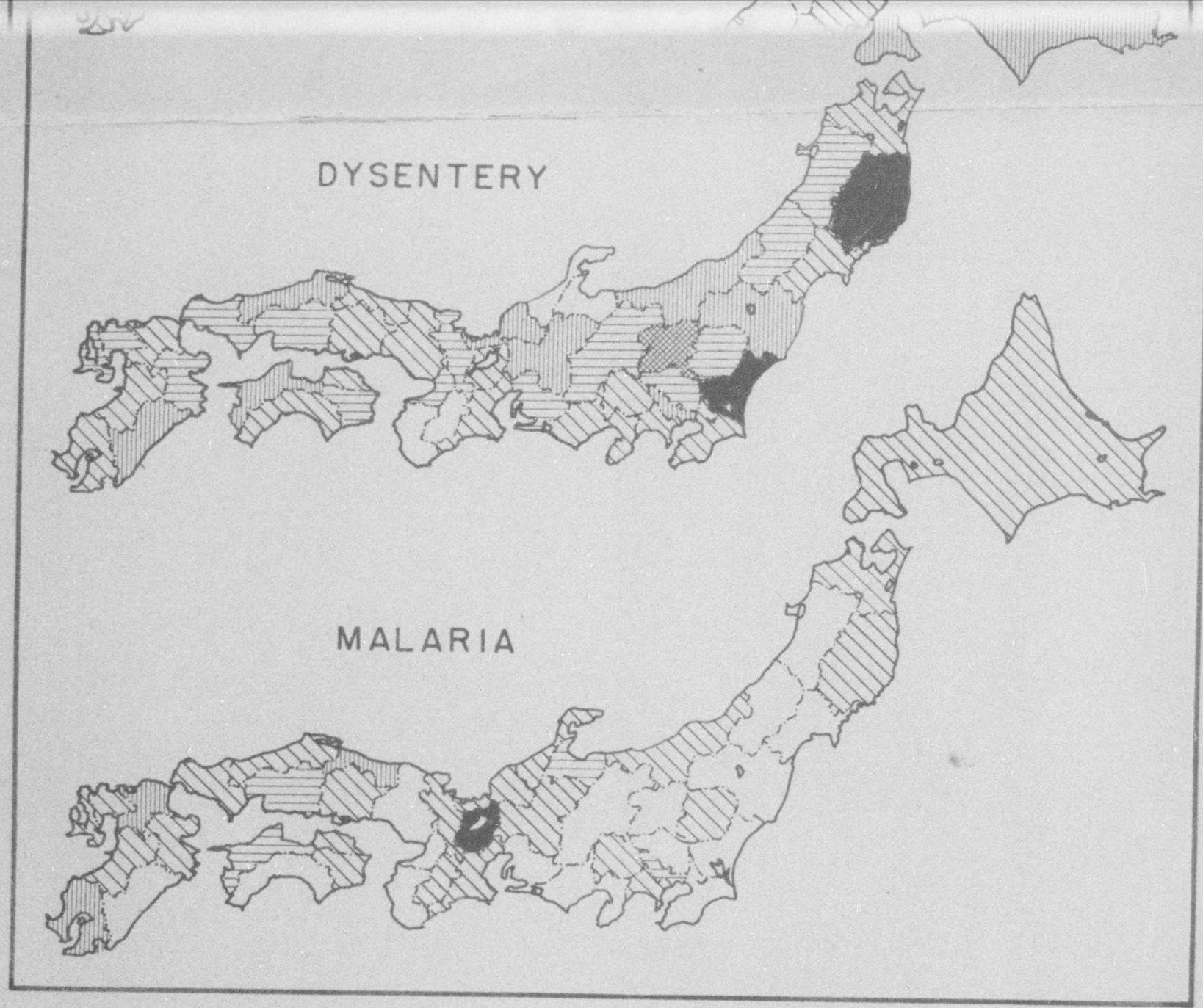

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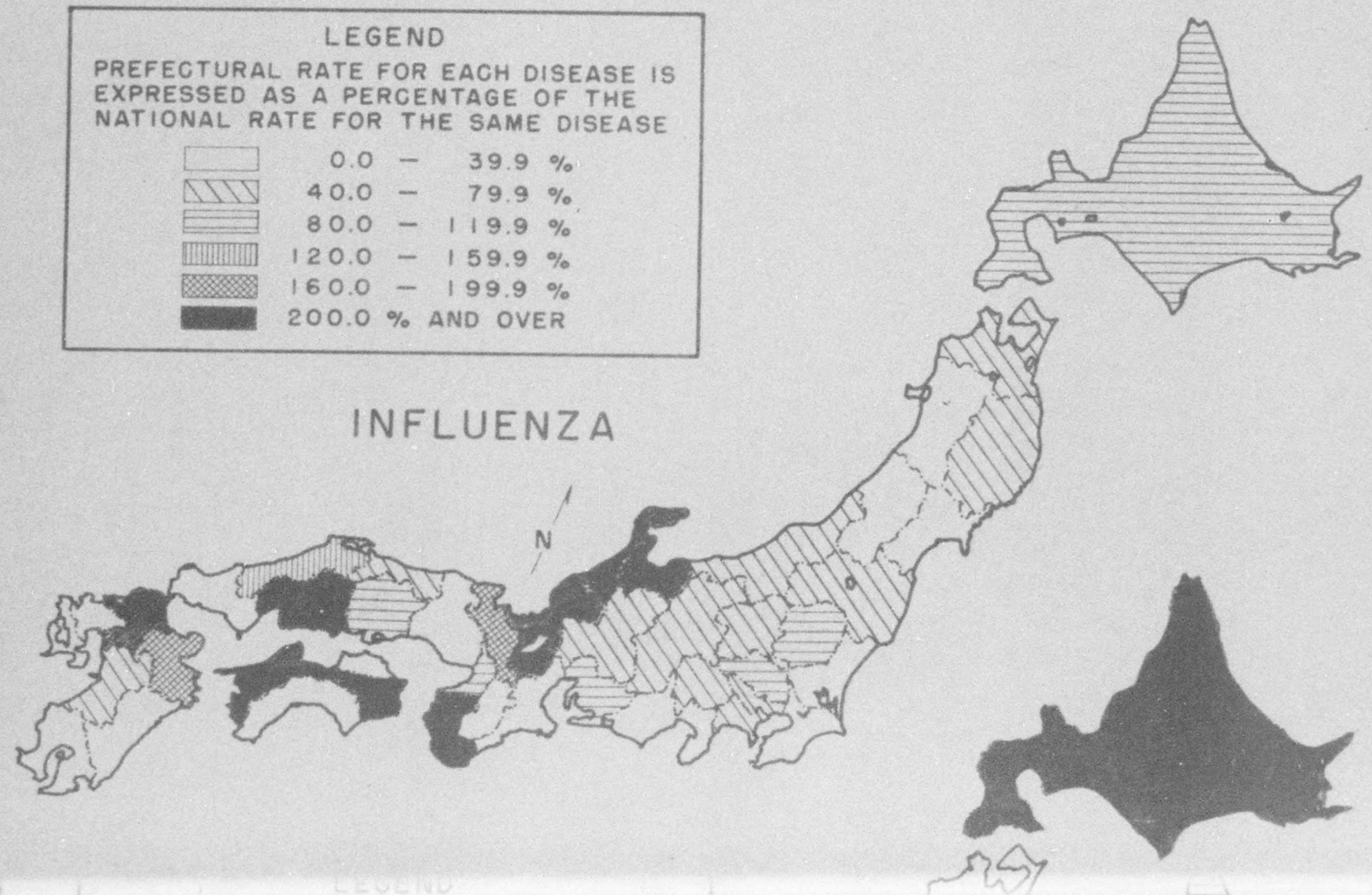
DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

PREFECTURAL MORBIDITY STATISTICS

1948 CALENDAR YEAR



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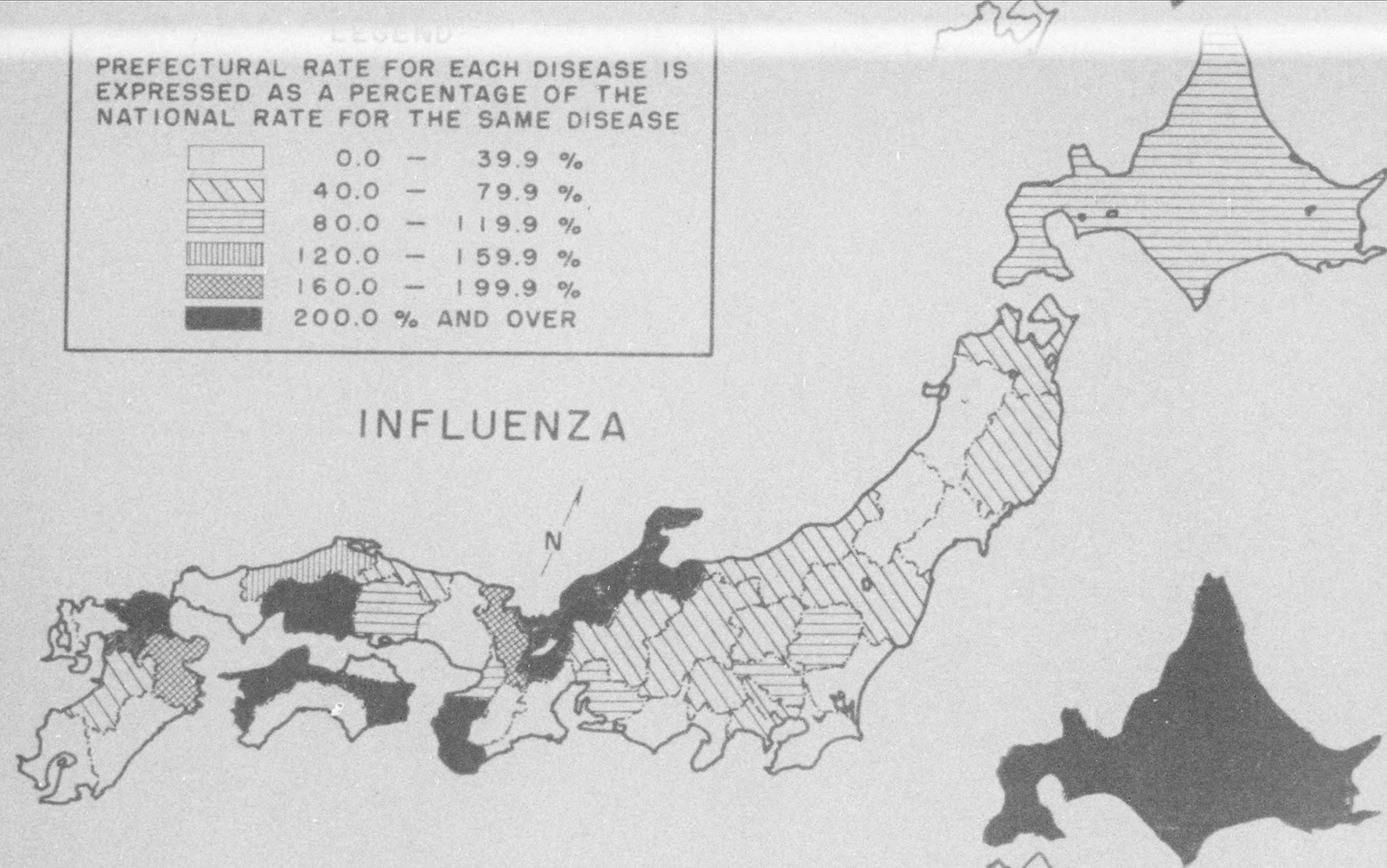
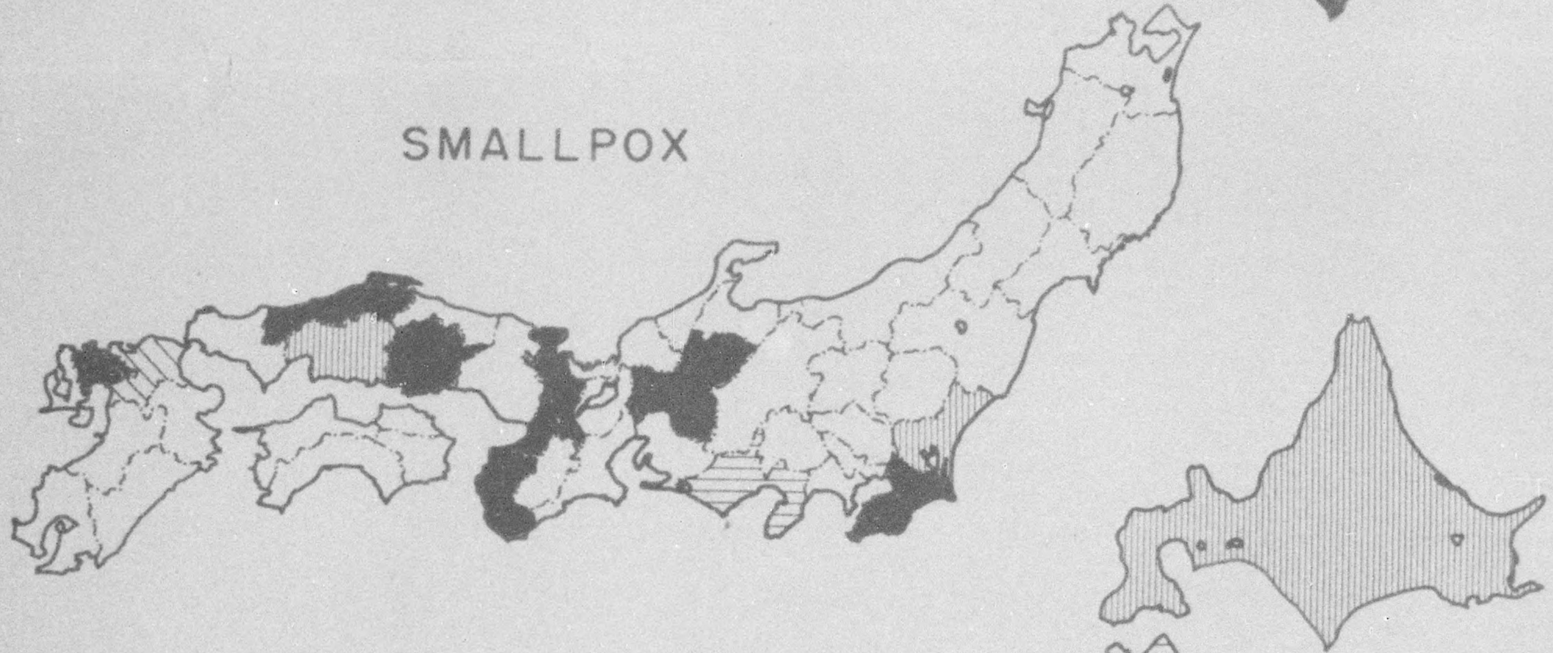
PREFECTURAL RATE FOR EACH DISEASE IS EXPRESSED AS A PERCENTAGE OF THE NATIONAL RATE FOR THE SAME DISEASE

- 0.0 – 39.9 %
- 40.0 – 79.9 %
- 80.0 – 119.9 %
- 120.0 – 159.9 %
- 160.0 – 199.9 %
- 200.0 % AND OVER

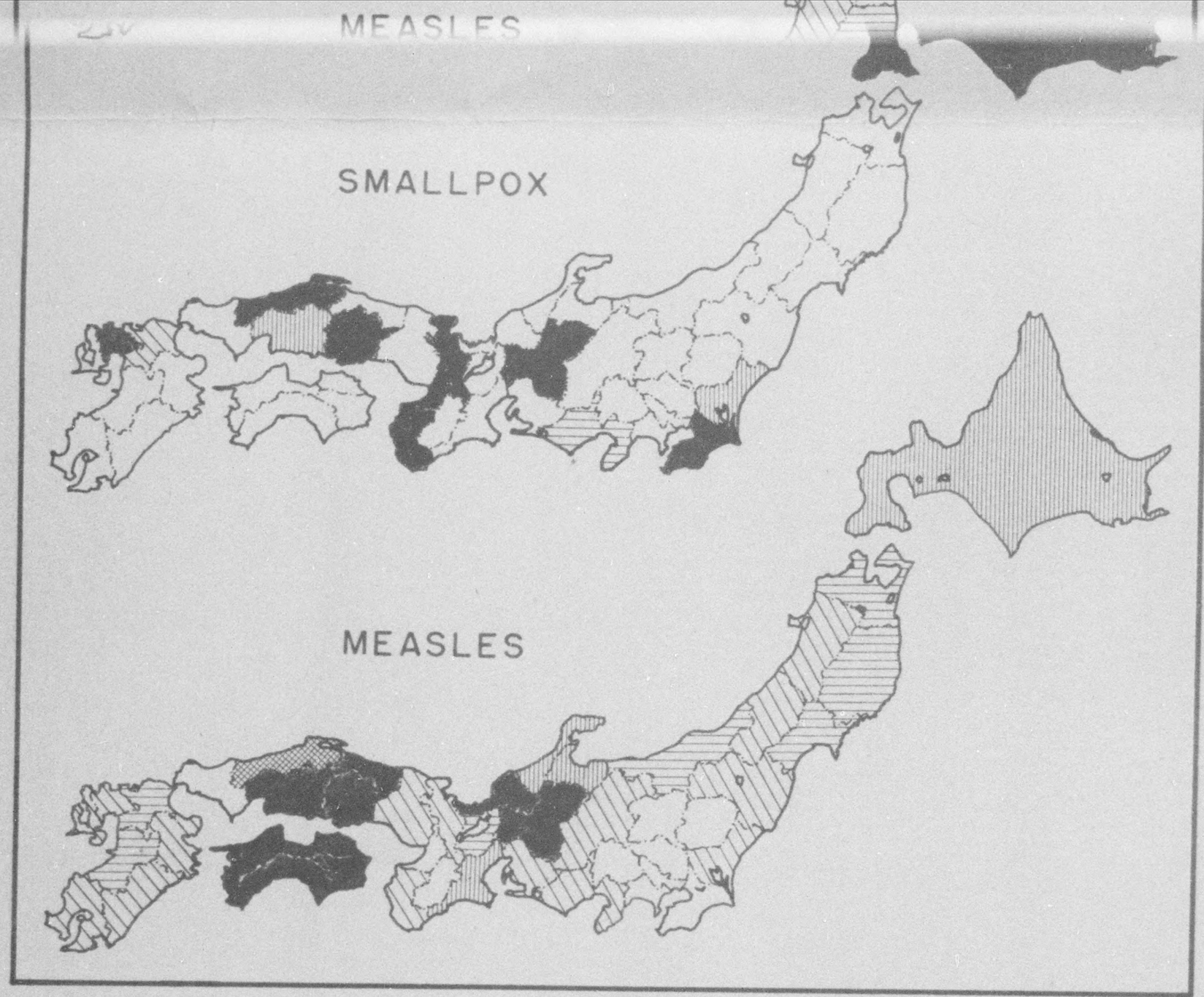
INFLUENZA



SMALLPOX



MEASLES



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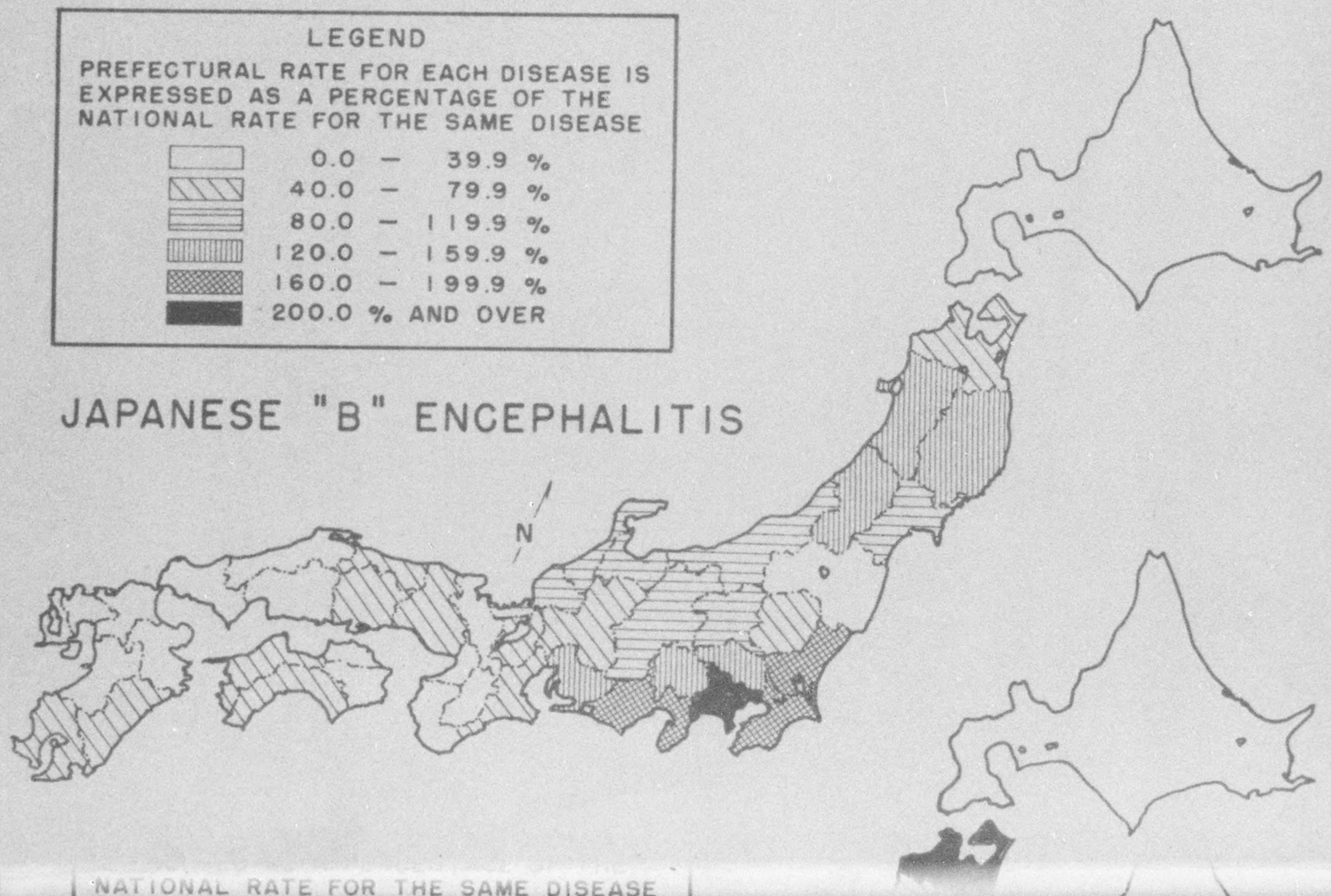
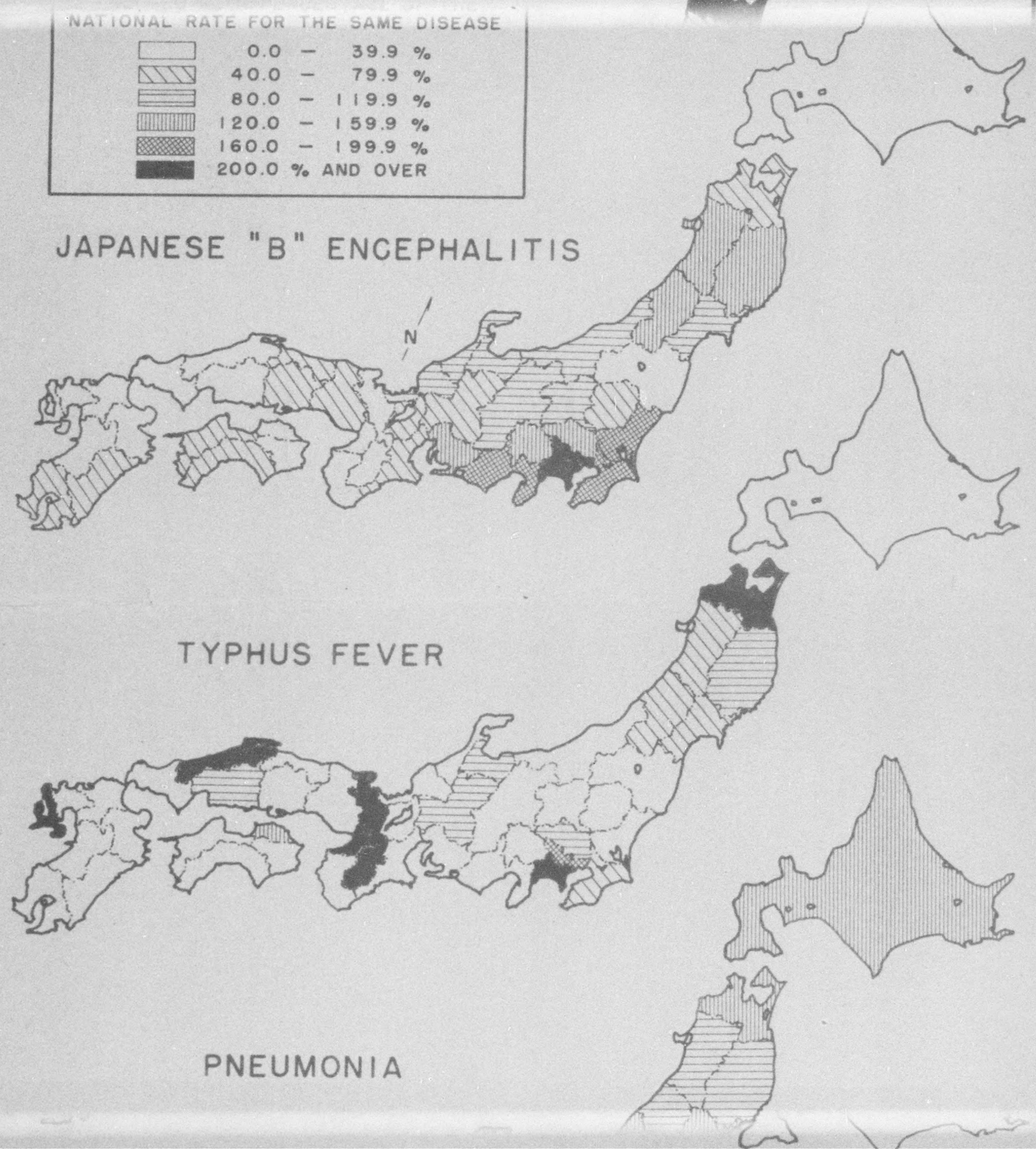
DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

PREFECTURAL MORBIDITY STATISTICS

1948 CALENDAR YEAR





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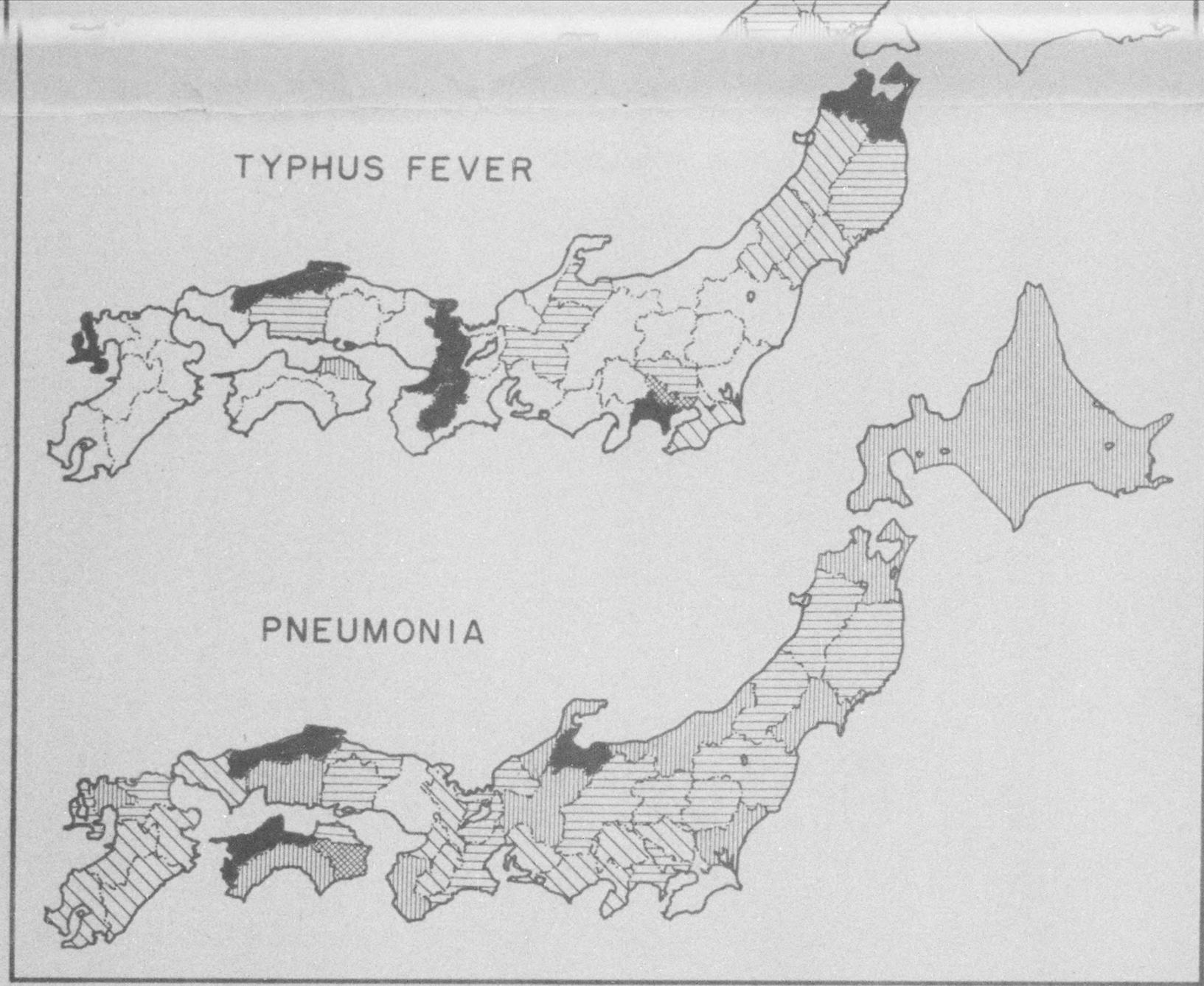

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