

Heppner Gazette Times

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Official Paper for Morrow County

Nutrition in Defense Outstanding Factor Says National Head

"Nutrition is not new to us nor would it be new to thousands of others participating in our nutrition program; however it has not aroused the general interest and general participation that such a program should," said Dr. Helen Mitchell, national defense nutritionist before the Oregon State Nutrition Council in Portland last week end, as reported by Mrs. Bruce Stewart of this city, an attendant.

Mrs. Stewart reported further the chief's message:

We have been satisfied to be just average—to correct disease when it occurred, but not to devote ourselves wholeheartedly to the betterment of the human race. If it were not possible to reach an optimum, change could not be made. That it has been possible to change has been proved by the average height and weight of soldiers. Today's soldier is one inch taller and fifteen pounds heavier than his father who fought in the last war. Further proof that change is possible has also been evidenced by the general improvement of the health of the boys since they entered camp last year.

Miss Mitchell explained that the nutrition problem in this country is not obvious. There are few diet deficiency diseases such as scurvy, pellagra, or beri-beri. The trouble, says Dr. Mitchell, is that too many of us don't feel up to par. "How many times have you got the answer, 'Oh, so-so,' when you've inquired about the health of a friend?" The greatest efficiency could never be expected from a nation of people who are tired and have poor morale.

Dr. Mitchell attributes this fatigue and poor morale to hunger—not obvious hunger that can be satisfied by taking in just any food, but a hidden hunger that satisfaction

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doesn't guide. Instincts don't guide humans to proper food as it guides animals to adequate food. The human animal has this instinct covered by tradition and habit. Our instincts guide us to quantity and not to quality. "We need calories in good company," says Dr. Mitchell.

Dr. Mitchell classified the malnourished people into four groups: The low income group, the middle income group, the upper income group and the live-alone class.

The low-income group has the combined problem of limited funds and limited knowledge of proper foods. The middle group has a budget large enough to have correct foods, but tends to spend more on luxuries than on necessities. The upper income group is subject to fads and prices. They find it easier to depend on vitamin concentrates than taking the time to change food habits. This group also has a tendency to take on extra meals—"put calories in poor company." The live-alone group tends to neglect their diet because it is easier. They eat out, and few restaurants serve patrons nutritiously. However, steps are being taken in the restaurant world to give more nutritious fare.

"Knowledge of proper nutrition is not enough, we must put nutrition to work," Dr. Mitchell told us. She compared the advance of mechanics over nutrition in practical application. The average layman can use the most complicated machine with-



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At Heppner CHURCHES

CHURCH OF CHRIST

Martin B. Clark, Pastor
9:45, Bible school.
11, Communion and preaching.
6:30, Christian Endeavor.
7:30, Evening service.
7, Thursday evening, prayer meeting.
7:30, Thursday evening, Bible study.

PENTECOSTAL ASSEMBLY OF GOD

Sterl D. Spiesz, Pastor.
Sunday school, 9:45 a. m.
Worship, 11 a. m.
Evangelistic services, Sunday, 7:45 p. m.
Tuesday, 7:45 p. m., cottage prayer meeting.
Thursday 7:45 p. m., Bible study at church.

FIRST METHODIST CHURCH

BENNIE HOWE, Minister.
Sunday, Nov. 16th: Divine worship at 11 o'clock. Church school at 9:45 a. m., Mrs. Lucy Rodgers, superintendent, and Miss Werner, primary department. Bible study and prayer meeting Wednesday evenings.
Thought for today: As a peace officer the Church has no equal. Neglect the church and put on more policemen.—Holmes.
Old and new friends are cordially invited.

out knowing how it works, but it takes work to make ourselves change food habits. To put nutrition to work each individual (those who teach as well as those who are being taught) must change his daily routine in order to put it to work for himself.

ALL SAINTS CHURCH
All Saints Episcopal church, Sunday, Nov. 16; 23rd Sunday after Trinity: Morning prayer at 11 a. m. Officiant and preacher, Major Hoyt

Henriques, traveling chaplain to the CCC.
Woman with boy 8 wants housework after Dec. 1. Mrs. Eva McMickle, Echo, Ore.



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