

# Diets, From Cooking Art Point, Found Displeasing To Patients

By DELOS SMITH  
 United Press Science Editor  
 New York — (U.P.) — From the standpoint of "the art of cookery," diets devised by many physicians these days appeal to their patients in the same way that castor oil does—the diets are "punishments," no less.

That attack upon medical men did not come from a patient on a diet but from a medical man. It was approved by a board of medical men and appeared as an editorial in "GP," the official organ of the American Academy of "Doctors have stopped thinking about flavors because they know how to diagnose causes for fevers," said the anonymous medical editorialist. They know all about the science of nutrition and cookery."

So they "punish" patients, and "a diet" seldom connotes something to support a patient in his trial by illness. Usually it implies deprivation of something the patient would like to have.

There's a low calorie diet for obesity, a limited carbohydrate diet for diabetes—a low salt diet for edema.

**Good Salt Substitutes**

The editorialist centered on the "low salt diet" because "there are some pretty good salt substitutes. Yet physicians often neglect even to tell their patients about these substitutes." Those containing monopotassium glutamate, for example, which "has the advantage that in addition to proving a salty taste, seems to enhance the natural flavor of the food to which it has been added."

"Monosodium glutamate is even better but of course it can't be used "when sodium must be stringently restricted." But it has much less sodium in it than common salt "and might well be prescribed for patients who need only moderate restrictions of sodium."

**Time for Fodder**

This reporter, who has a considerable acquaintance with medical men, read the editorial by telephone to a number of

them—and so went from one storm of indignation to another. It was a "blanket indictment," most of them said and might apply to a few, but certainly not to the M.D. speaking. On the other hand, the reporter frequently has occasion to break bread with doctors and without wishing to take advantage of having had them when their guard was down, he must report that often the prelude to lunch is, "Well, it's time for fodder," and the lunch proves to be that.

**Few Agree With It**

A few agree with the editorialist, An M.D. who now devotes himself mainly to teaching, said: "How can a doctor think about the art of cookery, with all the things he's got to think about? If you had to listen to a tenth of what the average doctor has to listen to from his patients, you'd see what I mean." But he disagreed with the editorialist on one point. The old fashioned doctor knew his cookery. "Non-sense," he said. "It's not a deterioration. It's more of the same."



—NEA Telephone  
**"MRS. X"**—Mystery woman in case of disappearance of wealthy Mrs. L. Ewing Scott, in Los Angeles and referred to by police as "Mrs. X," was disclosed as Mrs. Mary Ann Beaman, 46, a widow, shown here during press conference in attorney's office. Scott, who told Mrs. Beaman his wife had left him, did not report her disappearance last May 16. He is undergoing further questioning.

## Trans-America Tells Of Decline in Profit

San Francisco — (U.P.) — Trans-America Corporation, one of the world's largest holding companies, reported yesterday its 1955 consolidated net profit was down nearly \$7,000,000 from the 1954 level.

But Trans-America President F. N. Belgrano Jr., told the stockholders in the firm's annual report that most of Trans-America's major subsidiaries showed continuing gains during 1955.

The 1955 profit was \$3,872,926, down nearly \$7,000,000 from the \$40,652,943 net profit the company reported in 1954. Last year's profit was \$3.16 a share on 10,711,194 shares outstanding, compared with \$4.13 paid the previous year.

The major reason for the decline Belgrano said, was that the 1954 figure included \$6,200,000 in non-recurring profit which Trans-America got from consolidation of certain banking interests.

**STAR GAZER**  
 By CLAY R. POLLAN  
 Your Daily Activity Guide  
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 To develop message for Wednesday, read words corresponding to numbers of your Zodiac birth sign.

<b>ARIES</b> MAR 21-20 6-55-66-73 74-76-77	<b>TAURUS</b> APR 21 1 Your 2 Your 3 People 4 Expect 5 Don't 6 Aspects	<b>GEMINI</b> MAY 21 7 Adverse 8 The 9 Cooperation 10 Fast 11 Today 12 Plan 13 Personal	<b>CANCER</b> JUNE 21 14 Money 15 May 16 With 17 Breaks 18 Will 19 To 20 Worry 21 Start	<b>LEO</b> JULY 21 22 A 23 Future 24 Reactions 25 Day 26 Bring 27 Right 28 Should 29 Be 30 Travel	<b>VIRGO</b> AUG 21 31 Good 32 Adverse 33 Neutral	<b>LIBRA</b> SEPT 21-20 34 And 35 Social 36 Busy 37 Disturbed 38 A 39 Stress 40 Hoop 41 You'll 42 Lose 43 Indivisible	<b>SCORPIO</b> OCT 21-20 44 Relieve 45 You 46 Disturbed 47 Work 48 Strain 49 Can 50 You 51 Call 52 Sensibly	<b>SAGITTARIUS</b> NOV 21 53 To 54 Happening 55 Careful 56 Contented 57 68-88-90	<b>CAPRICORN</b> DEC 21 58 Real 59 Gift 60 Opportunity	<b>AQUARIUS</b> JAN 21 61 And 62 Happening 63 Careful 64 Contented 65 68-88-90	<b>PISCES</b> FEB 21 66 Gift 67 Opportunity 68 69-89-90
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## PIE Shows Profit Despite Labor Tiff

San Francisco — (U.P.) — Pacific Intermountain Express company, one of the West's major long distance trucking firms, reported yesterday net income of \$1,900,015 despite a strike in May and June which cost an estimated \$4,000,000 in revenue.

The profit was equal to \$4.24 a share on 448,448 shares outstanding at the end of the year. The company's annual report showed a consolidated gross revenue of \$44,223,922 during the year in which PIE trucks drove more than 80,000,000 miles and handled 2,717,000 tons of freight.

**DOCTOR TAKES BRIDE, 15**  
 Ossiach, Austria — (U.P.) — Ossiach's 74-year-old village physician, Dr. H. Heiner, honeymooned today with his new bride, Renate, a pretty shop girl, is 15.

## Top of the World Found To Be Beautiful Nothingness

By MURRAY M. MOLER  
 United Press Correspondent

The Arctic Ice Cap — (U.P.) — What does the top of the world look like?

In a word: Desolate.

As far as the eye can see from a B29 weather reconnaissance plane, flying at 9,880 to 18,280 feet, there are hundreds of square miles of nothing.

Nothing but ice, blowing snow, dusky-bellied clouds, with just an occasional glimpse of bright blue sky or dark blue water.

The water is in the "cracks" or "leads" formed in the Polar ice cap, itself around 15 feet thick, as shifting winds tug and push at the frozen mass.

The ice cap is strikingly beautiful.

The eye-filling stretches of snow-frosted ice are broken frequently by pressure ridges, formed by surface winds that reach near-hurricane velocity with known maximums up to 75 miles an hour.

The sole trace of man in this frozen country that could be seen during the long flight with the 58th Weather Reconnaissance Squadron from Reconnaisance Air Force Base were the huts of Point Barrow, the truck and tractor tracks of the DEW line supply route and the shimmering lights of the home bases of Fairbanks and Eielson.

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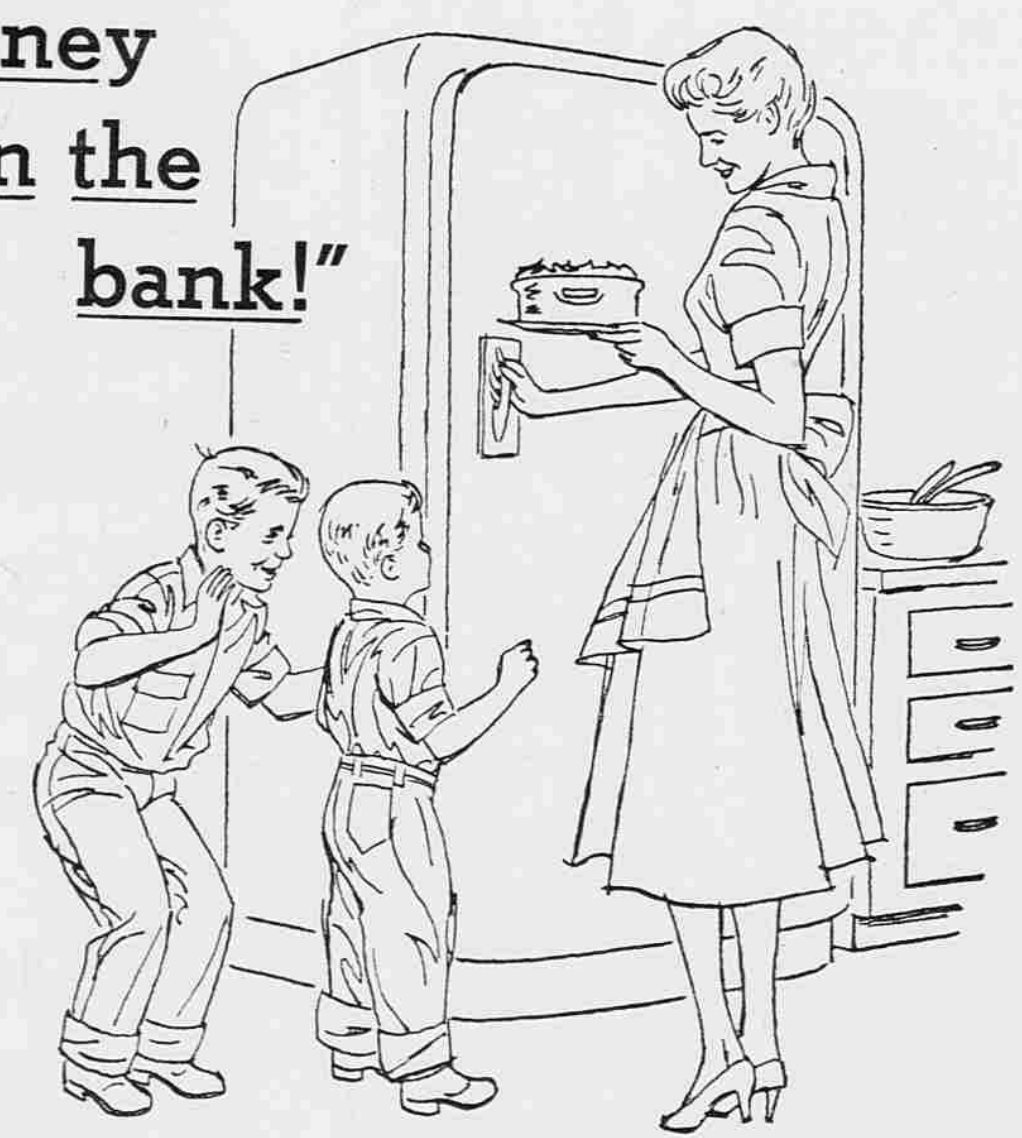
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