

Well-nourished people are best able to meet the physical and mental strains placed upon them when a crisis arises. America is as strong as its communities; a community is as strong as the people who live in it. Plenty of the right kind of food helps to make people strong and healthy.

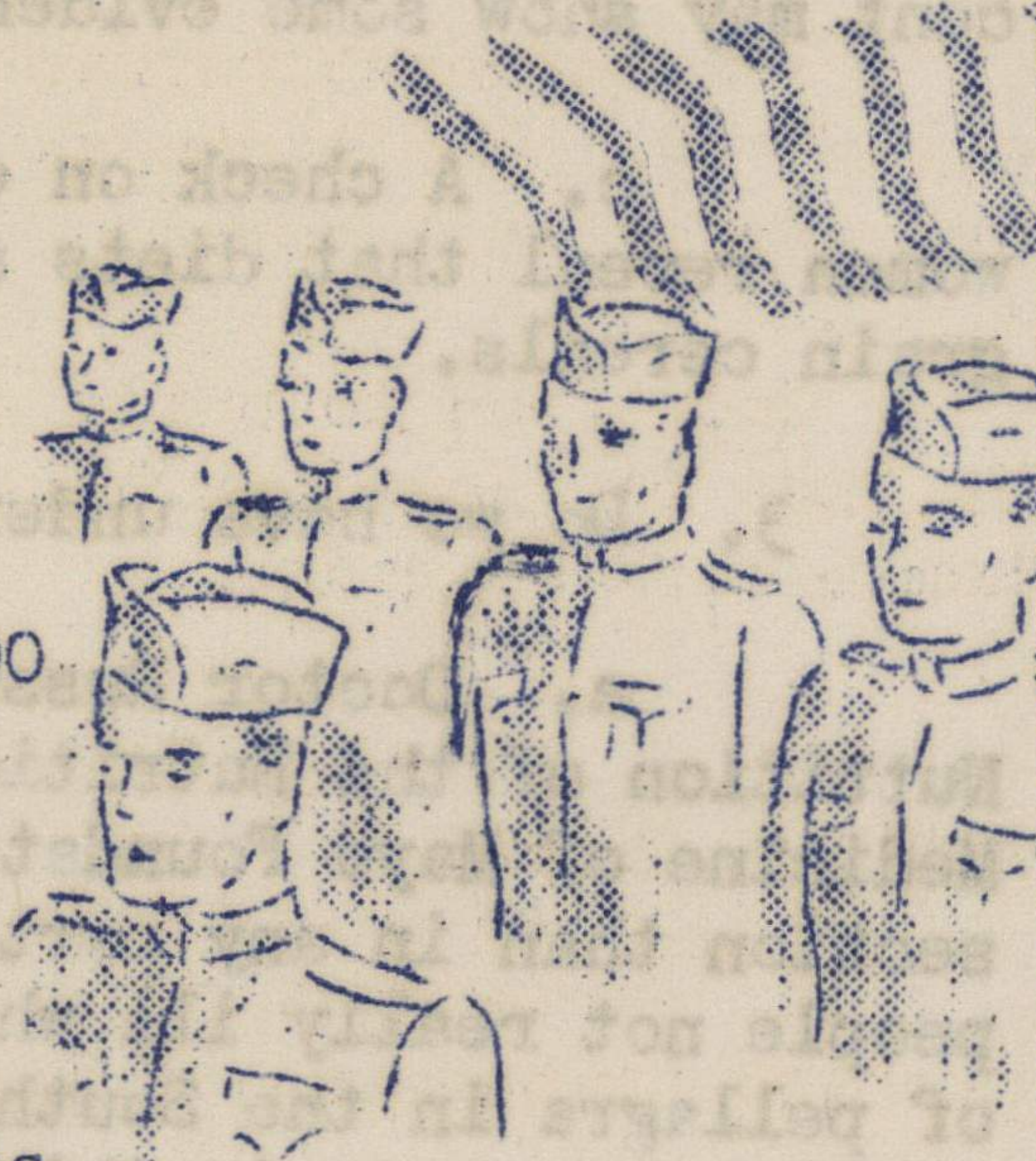
Discussion Questions

I. Do we have any underfed people in the United States, in Kansas, in our own communities?

1. What is the nutritional status in the United States?

a. Forty-five million of our 130,000,000 people are underfed.

b. Preliminary statistical reports on causes for rejection due to physical defects of applicants for enlistment into the regular army of the United States show 32.5 per cent applicants were rejected for failure to meet physical requirements.



The five major causes, and their per cent of total rejections were:

- 1. Teeth - 25 per cent
- 2. Eyes - 21 per cent
- 3. Height and weight - 15 per cent
- 4. Feet - 10 per cent
- 5. Ears - 10 per cent.

These figures are significant in a nutrition program for two reasons: First, the high percentage of rejections for physical defects indicates a need for measures to better preserve the health of American youth. Second, the defects that showed up most frequently are dependent to a great extent upon adequate nutrition.

c. Records of C.C.C. enrollers show that, in admittance, about 70 per cent are below the army height-weight standard, and 40 per cent are below the army minimum weight-for-height requirement.

d. Daily, 4,500,000 Americans are incapacitated by illness. An eminent authority of the United States Public Health Service says, "Nutritional diseases in all probability constitute our greatest medical problem, not from the standpoint of deaths, but from the point of view of disability and economic loss."

e. About one-fourth of the families in the United States have diets that could be rated good. More than one-third have diets that could be rated fair, and another one-third or more have diets that are poor.

