

2. Do we have underfed people in Kansas?

a. Dental examinations of school children show that sometimes as high as 90 per cent have dental defects. Most important causes of dental caries are nutritional deficiencies.

b. Physical examinations of children reveal that 50 to 75 per cent may show some evidence of malnutrition.

c. A check on eating habits of 4-H Club boys and girls and farm women reveal that diets are frequently low in milk, vegetables, and whole grain cereals.

3. Do we have underfed people in our own communities?

a. Doctor Russell Wilder, Chairman of the Committee on Foods and Nutrition of the Nutrition Research Council, and Head of the Department of Medicine of Mayo Foundation, has said that there is less malnutrition in this section than in any part of the country. He also claims that there are many people not really ill who suffer from inadequate nutrition. For every case of pellagra in the South, there are 100 cases of pre-pellagra. The same conditions are true in this section for some of the other food deficiency and dietary diseases.

Persons who have been unable to concentrate on their work, were fearful, and resisted suggestion, have shown a marked change when vitamin B<sub>1</sub> (thiamin) was given to them in small amounts. People with sluggish bowels have also shown improvement when the vitamin B<sub>1</sub> (thiamin) was increased. These persons had inadequate diets before vitamin B<sub>1</sub> (thiamin) was added.

A  
BCD  
E

b. Individuals with bleeding gums have been helped when vitamin C was increased.

c. Defective teeth among adults and children are so common that we often fail to consider them an evidence of inadequate nutrition.

d. Steady improvement in weight gains, more alert minds for study, and fewer absences due to illness have resulted from school lunch programs. This is evidence that the nutritional condition has improved through the program.

e. What evidences of malnutrition are there in your community?

II. What kind of nutrition would you like to have for your family and community?

1. Freedom from hunger.

2. Appetizing meals, well served and enjoyed by each one.

