

Milk Is Most Valuable Of All Foods, Says College Leader

John A. Arey, Extension Dairy Specialist N. C. State College, says that all things which affect human welfare, none is more important than food. Food is to man what coal is to the furnace or gasoline to the automobile. Properly selected food is very important to health. Of all the kinds of food, milk is the most valuable, being the principal food of infants and small children.

Milk is the only food specifically designated by nature for the young animals. This leads us to believe that it has been so chosen because it contains the food elements most likely needed to sustain life, and thus it deserves the title of the most nearly perfect food. The nutritional merits of milk can best be appreciated if we appraise them in the light of an adequate diet.

To be adequate, the diet must support maximum growth, maintain health insofar as health resistance to disease are dependent upon diet. The diet should be easily digestible, palatable, and should provide the necessary nutrients for the normal functioning of the digestive tract.

The quality of proteins is judged by their ability to support growth and maintenance. Body tissues consist largely of proteins and they are essential for growth. Milk proteins are good muscle builders. They are known to be very efficient and complete; that is they contain all of the necessary acids which are the protein building blocks. Milk proteins are an important source of amino acids commonly lacking in other foods and, therefore, they supplement very effectively the deficiencies in other

protein foods.

Lactose Is Supplied
Lactose is the only carbohydrate present in milk and together with the fat and the milk proteins, it provides the fuels or energy value and it increases the calcium assimilation. The acid production tends to reduce or exclude protein fermentations which produce gas and mildly toxic substances.

Milk is the most important source of calcium and phosphorus in the diet. Phosphorus and calcium are the important elements in bones and teeth. Milk is an excellent tooth and bone builder for it contains plenty of these two necessary elements.

Vitamins are essential for growth, health, and reproduction. Vitamin A is necessary and a lack results in xerophthalmia, night blindness and a decreased resistance to infection. The yellow pigment, carotene, present in butterfat, can be converted into vitamin A. Professor Sherman of Columbia University says that as a result of his own intensive research, milk is the most important of all foods as a source of vitamin A. Milk is a rich and fairly constant source of vitamin B2. This is the pellagra-preventative vitamin which has been very valuable in the prevention and cure of pellagra. It is heat stable and along with the vitamin A remains after pasteurization.

Economical Source of Energy
The digestibility of milk is very high. It has a mildly sweet and pleasant taste. It is an economical source of energy.

Milk is called the "most Nearly Perfect Food," rather than the perfect food, for several reasons. For babies it lacks Vitamin D. Vitamin C, and iron and copper. Vitamin D, however, may be supplied by sunshine and cod liver oil. Vitamin C may be supplied by orange juice and the iron and copper by apricots and green vegetables, and later by eggs and meat. For adults it would not be a perfect food because of its lack of bulk. The digestive system needs some bulk to make it work properly.

These limitations to milk as a sole article of food are valid, but milk definitely has a place in the adult diet. Adults should consume a pint a day and would do well to consume more. North Carolina has a per capita consumption of milk half that of the nation. This seems strange since we are essentially an agricultural state. Let's drink more milk!

In conclusion, we can summarize what science says about milk in five sentences:

1. Milk is the best food for growth.
2. Milk is the most important source of tooth and bone building

Smuts on North African Front



Field Marshal Jan Christian Smuts, prime minister and commander-in-chief of the forces of the Union of South Africa, autographs an apron for Sister H. Young during a visit to a hospital while touring the North Africa war zone. He covered more than 2,000 miles on his tour of Egypt and Cyrenaica. (Central Press)

Milk Heads List Of Defense Materials Produced On Farm

By John A. Arey, Extension Dairy Specialist N. C. State College.

"Food will win the war and write the Peace." This is the American farmer's slogan as he takes his place in the lines of National Defense beside his brother in industry. He, too, accepts the challenge of the dictators and from now on an all-out effort will be made in the production of every food and fiber needed to bring the war to a successful conclusion.

Milk heads the list of war-time protective foods. In addition to its nutritive value, it is needed in the diet to build body resistance to disease. This is desirable at any time, but especially important during the war emergency when people are living under high nervous tension and physical strain. There must be no let up in its production now. The supply must be increased in this state for consumption in

materials.

3. Milk adds years to life and life to years. Those who partake liberally of milk and other protective foods are now promised a more liberal term of years of more efficient life.

4. Milk is our chief protective food.

5. Milk is our most economical food; The Bureau of Home Economics of the USDA says, "Milk does more for the body than any other food, and does it more cheaply."

the farm home, to meet civilian and military demand and for export to our allies under the Lend-Lease Act. Export requirements alone will require about five billion pounds of milk during 1942 or about four times the quantity of milk that was produced in North Carolina last year.

Two new military camps are now being established in the state to accommodate between 30 and 40 thousand men. An increase may be expected in the number of men concentrated in the camps already completed. So the present camp demand for milk in this state, of approximately 7,000 gallons daily, will likely be increased to over 12,000 gallons a day. This increased demand will strain North Carolina's dairy productive capacity, but it can and will be met by giving the cows a little extra feed and care.

Probably the greatest need for milk in this state exists among the tenant farm families. Many of these families are without a family cow or any source of a milk supply. It is not surprising to learn that the physical defects of approximately 25 per cent of the selective service draftees who fail in their physical examinations can be traced to mal-nutrition. This condition should be corrected as rapidly as possible. Each farm family needs the quantity of milk produced by one or two cows. An investment in a cow, a farm flock

of hens, and a garden now will They must be met. In the interest represent good insurance for the of our National welfare there future. should be no shortage of milk The increased demand on the during the war emergency. Pro dairy industry for 1942 are large, viding it will be filling a vital need

in National Defense and thus an act of true patriotism.

Corrected version: A vacation day keeps work away.

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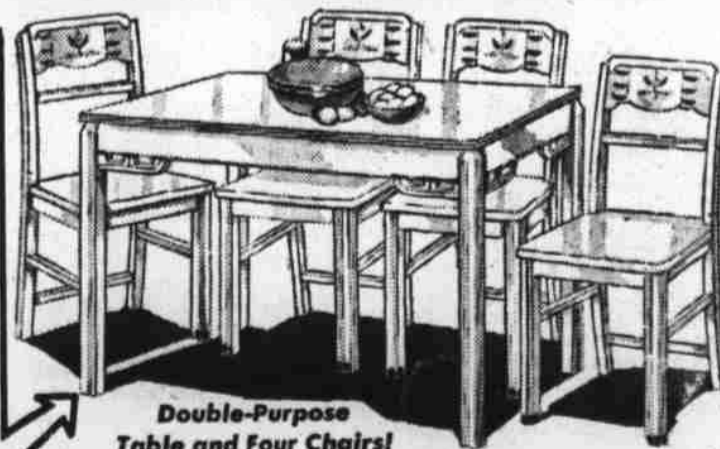
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