

Fats Exonerated As Cause Of Many Heart Diseases

Fats in the human diet were at least partly exonerated by an A&M scientist here Tuesday as a cause of hardened arteries and heart trouble.

Dr. Raymond Reiser, professor of biochemistry and nutrition, said some fatty acids essential to proper diet are found in vegetable fats, while others are found only

in animal fats. Speaking at the second day of the three-day dairy manufacturers conference, the researcher said absence of fats in the diet, or too much of either vegetable or animal fat, can lead to faulty nutrition. "It is thus not fat in the diet which is harmful, but an imbalance in the kinds of fat," the professor said. "What is needed is a balance of animal type and vegetable type fats."

MAN IS AN omnivorous animal. His digestive system is adapted to a variety of plant and animal tissues. His requirements for fat, protein, carbohydrates, minerals, vitamins, energy and roughage can be met only by a broad spectrum diet, Reiser explained.

The conference is held each year to discuss the latest progress and problems of making and marketing dairy foods. Sponsors are the Department of Dairy Science in co-operation with the Agricultural Experiment Station, Agricultural Extension Service and the Engineering Extension Service.

Reiser told the estimated 75 per-

sons attending the session that lack of essential fatty acids probably results in cholesterol accumulations in the body, some of it finding its way into walls of arteries.

"Therefore, the table seems to be turned," he said. "Instead of fat being the cause, it may be the cure and prevention of atherosclerosis."

FAT SERVES many functions, he said. It is the best source of energy; gives that feeling of well-being at the end of a good meal; aids in utilization of certain vitamins; adds flavor to food; increases emptying time of the stomach and thus keeps a person from getting hungry too soon between meals, actually helping to prevent over eating.

"These facts mean that one must not eliminate fat from his diet, or he runs the risk of depriving himself of an essential nutrient and possibly the means of ridding the body of its excess cholesterol," Reiser said.

The scientist added that exercise is a definite factor in blood cholesterol levels.

THE BATTALION ON INSTRUMENTATION

Symposium Opens Next Week

The eighteenth annual instrumentation symposium for the process industries will be held here next week.

Sponsored by the Department of Chemical Engineering, the series of meetings was started here in 1946 to present practical technical information concerning the instrumentation of continuous flow processes so important to the oil,

gas and chemical industries of the Southwest.

R. R. Jackson, vice president for planning and supply of the Mobil Oil Co., and F. G. Rodgers, vice president, IGM Corporation, will deliver keynote addresses opening the conference next Wednesday. Dr. P. T. Eubank, symposium director, said.

Nine technical papers will be given the next two days by scientists and engineers who are instrumentation experts for companies such as Union Carbide, Monsanto, Dow, Humble, General Electric, IBM and Brown and Root.

The first technical discussion of Monsanto's new Chocolate Bayou instrument and computer system will be of special interest. Be-

cause of Carla interest in the space program, a paper will be presented by General Electric scientists on instrumentation and data acquisition for the testing of space vehicles in environmental chambers.

Forty-eight instrument companies plan to exhibit new commercial equipment.

The registration fee is \$10 per person for the three-day meeting.

By Charles M. Schulz

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Ohio Researcher Will Present Graduate Lecture

Dr. Louis Gordon, dean of graduate studies at the Case Institute of Technology, Cleveland, Ohio, will present a graduate lecture at 4 p.m. next Friday in Room 231 of the Chemistry Building.

Gordon's topic will deal with homogeneous precipitation methods, in which he has conducted much work and research.

According to Dr. R. D. Whealy, professor of chemistry, Gordon has published a book on "Precipitation from Homogeneous Solutions." He has also published 80 papers relating to analytical chemistry and homogeneous precipitation.

Gordon was the U. S. editor of the "Talanta," an analytical chemical journal published in England. He has also received 14 grants from the Atomic Energy Commission in order to carry on his research.

This lecture is being presented especially for graduate students in chemistry, biochemistry and meteorology, but everyone interested has been invited to attend.

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