

Zinc, pickles can extend life

Zinc plays a dominant role in the ability to control appetite, a couple of pickles at the end of a meal may help prevent heart attacks, and proper diets could eliminate a large percentage of cancer.

These and other revelations came out of Friday's 30th annual Texas Nutrition Conference held at Texas A&M University. The conference brought together some of the nation's top officials and experts in the field of human nutrition.

The theme was food and its relationship to cancer, heart disease and infectious disease.

Dr. Donald Watkin of the Administration on Aging in Washington, D. C. told the group that people may be able to extend their lives up to 30 years through proper nutrition.

"If presently available knowledge were applied throughout life, it has been estimated that at least three decades could be added to the average age at death," he explained. "In North America, primary malnutri-

tion does not exist, but malnutrition secondary to disease and disability—physical, emotional and/or attitudinal—not only compounds the primary problem but also shortens the effective life of its victims."

While nutrition is most important during the first two-fifths of a person's life, Watkins said that even changing to good dietary habits at the age of 45 could add 11 years to a life span.

"There is a new role for doctors and that is as salesmen of good nutrition," he said. "Society's adoption of life-long application of the nutrition-health-aging triad is long overdue."

Dr. R. I. Henkin of the Center for Molecular Nutrition and Sensory Disorders at the Georgetown University Medical Center in Washington, D. C. said that loss of appetite and taste in young school children has been associated with zinc deficiency.

According to Dr. Henkin, kidney disease, severe bouts of

"Montezuma's revenge" or other varieties of regional enteritis and the application of some drugs can result in a zinc loss. This results in loss of appetite and taste as well as an inability to sleep and mental confusion in adults.

"It has been estimated that 80 per cent or more of human cancers may be environmentally related," said Dr. Anthony Mastromarino of the National Large Bowel Cancer Project. "If so, then many human cancers are potentially preventable, even if the specific carcinogen has not been identified."

Over-nutrition has already been demonstrated to cause artery degeneration; our challenge is to determine our willingness and ability to modify our current diet so as to provide an optimal diet for a largely sedentary population," Mastromarino said. "That is, one that will provide proper physical and intellectual development on the one hand, and prevent chronic non-communicable illness such as ar-

teriosclerosis and cancer on the other."

Increased awareness and identification of risk factors through educational programs, adoption of the prudent diet and engaging in regular exercise will hasten the day when every American not only lives longer, but will gain useful longevity. The ultimate triumph lies not in cure, but in prevention through moderate, but adequate nutrition."

A couple of pickles at the end of a meal might help prevent heart attacks. Research by Dr. Joseph Nagyvary, a Texas A&M professor of biochemistry and biophysics, shows that aluminum, in amounts you could get from a couple of pickles can prevent the absorption of cholesterol by the body.

The idea that Nagyvary is testing is that the aluminum combines with such products as algin (in seaweed) and pectin (abundant in fruits and vegetables) to form a trap for cholesterol ingested in many foods standard to the American diet.



Battalion photo by F. M.

Specialty fire

Ever wonder about the smoke often seen over Easterwood Airport? Members of the Shell Chemical fire staff from Houston practice frequently on petroleum fires at Texas A&M's

Fireman Training Center. Shell is a frequent visitor to the center where firemen get a chance to fight all types of specialty fire under various conditions.

Texan's personal income grows

United Press International
AUSTIN — Total personal income has grown more rapidly in Texas than in the nation as a whole in the past seven years, a University of Texas researcher reported Saturday.

For the first six months of 1977, personal income in Texas was estimated to be about 11.9 per cent higher than for the same period in 1976, reported Victor Niemeyer, researcher with the Center for Energy

Studies. Niemeyer, in the October issue of Texas Business Review, said the national increase in personal income — total wages, interest, dividends and rents — was 10.7 per cent.

The percentage increase in Texas personal income this year is the largest among the top five income-producing states — California, New York, Illinois, Texas and Pennsylvania, Niemeyer said. Of the five states, only Texas and California have personal income growth rates higher than the national rate.

The positive economic picture in Texas also is reflected in employment data, Niemeyer said.

Employment in Texas increased by .4 per cent from May to June and

up 2.7 per cent from a year ago. Total employment increased by 20,900 from May to a total of 5.4 million in June, the highest ever recorded.

A large portion of the growth in Texas employment and virtually all of the growth in the labor force from June, 1976, to June, 1977, was concentrated in Houston and the Dallas-Fort Worth areas. During this period, Niemeyer said, statewide employment increased by 142,600 while the increases for Houston and Dallas-Fort Worth were 76,800 and 44,500, respectively, or 85 per cent of the state total.

"Mining, primarily oil and gas extraction, is one of the key sectors of the Texas economy responsible for above average growth in Texas," Niemeyer said. "While declines in oil and gas production have important implications for tax revenue to the state government and royalty income for individuals, they have little impact on employment."

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Computer helps Texas cities

By MARSHA MOULDER
A computer hookup at Texas A&M University provides a link between Texas cities in need of improvement and Washington D.C., federal financial and technical assistance headquarters.

The computer is used in a program which enables any city, community, or individual to get federal

assistance for environmental improvements, according to Mr. Jack Jones, community resource development program specialist.

"Most frequent requests concern the financing of sewerage facilities, water supply systems, recreation projects, housing for median and low income families, and development of community centers," said Jones in an interview last week.

The Federal Assistance Program Retrieval System (FAPRS), is designed to aid cities and communities with less than 50,000 population.

"In small towns the mayor quite

often runs the feed store or the store and doesn't have the staff to keep on top of aid," Jones said.

Jones has a catalog with 1,000+ programs to provide assistance, loans, or grants. All the information from the catalog is on a computer. When Jones is approached by a community for help, he types the description of the particular project being considered. He includes the size of the town, computer prints out the name and title of the program in the catalog that is suitable for this community. This information goes to the city leader with the federal sources of assistance. In addition regional offices of federal agencies as well as state agencies are listed in the catalog. Jones uses sewerage facility request as an example. He said by typing in needed information, and receiving the computer printout, he could then get in touch with the Environmental Protection Agency which will instruct him on the details of sewerage system needed.

"The program is primarily for communities raise their status environmental improvements," Jones said. During the past 10 months 112 cities have sought aid from FAPRS, which was initiated in 1976 by the U.S. Department of Agriculture.

Addresses for vets needed

Veterans at Texas A&M University who expect to graduate and move in December may miss their final GI Bill check if they don't leave a forwarding address with the campus Veterans Administration office.

A spokesman said that since the VA now issues checks at the end of the month, graduating veterans will have one more payment coming at the time of commencement.

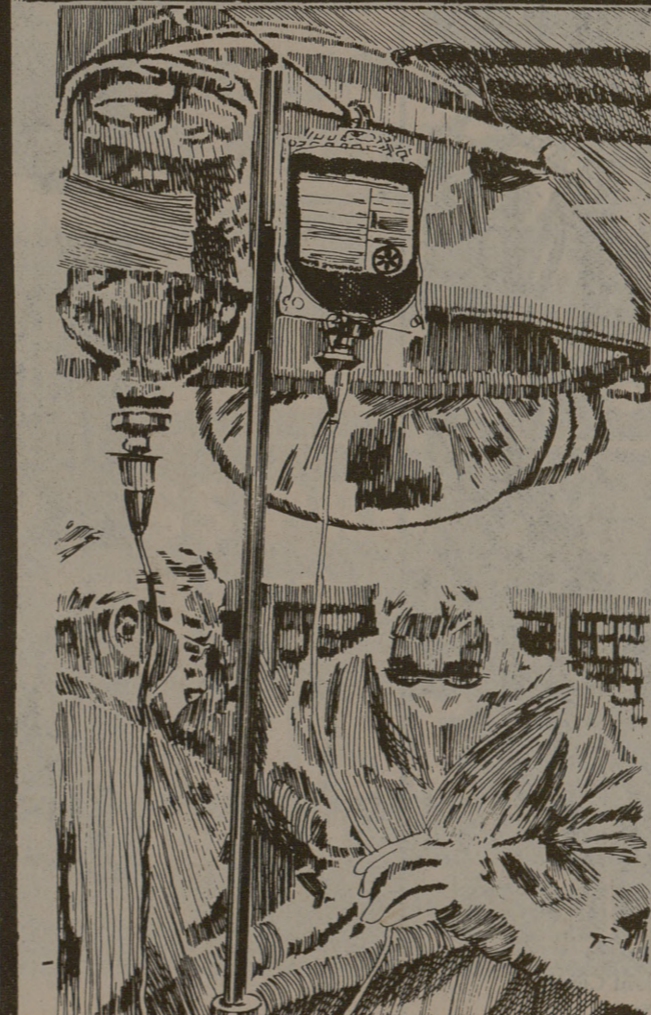
Address changes can be reported to the VA liaison office in Hart Hall. The post-graduation check will be sent to the address listed by the veteran during the school year unless a forwarding change is registered.

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