

the public schools. This decidedly anti-industry review critically scrutinizes the promotional practices of industry in the classroom. The subject areas of nutrition, energy, the environment, and economics are examined in detail since the majority of free industry materials relate to these topics. Although no firm conclusions are drawn, the report reveals concern over the use of such materials in schools and suggests the need for evaluation of accuracy and balance in content as well as possible regulation by industry, government, or concerned citizens. Extensive examples and references are included.

This review presents an important perspective for all educators who use or plan to use industry-produced materials. Producers of such materials should also be familiar with this report.

REVIEW

Iron Deficiency in Infancy and Childhood, 1979. From Nutrition Foundation, 888 17th St. NW, Washington, DC 20006, 49 pp., free.

This extensively researched report reviews the characteristics of iron nutrition and metabolism in infants, children, and adolescents. It discusses the application of this information to the prevention of iron deficiency. Laboratory tests for the detection of iron deficiency are examined, and the roles of supplementation and fortification are explored. Professionals, particularly those working with infants in clinical settings, will find this report extremely informative.

REPORT

Maintaining Nutritional Adequacy during a Prolonged Food Crisis, Franz, K.B., and C.H. Kearny for the Oak Ridge National Laboratory operated by Union Carbide Corporation for the Department of Energy, 1979. From National Technical Information Service, 5285 Port Royal Rd., Springfield, VA 22161, 103 pp., \$6.50.

If a disaster such as a nuclear attack or some other widespread crisis were to occur in America, food shortages might become a reality. This report is written to assist decision makers, whether heads of families or relief officials, to be prepared for a long-term survival situation. Emergency dietary recommendations are given for practical rations: cereal, cereal-legume, and cereal-legume-dry milk.

Detailed nutrition information regarding the adequacy of such rations is presented. In addition, special attention is given to the requirements of infants, children, and pregnant women. Appendices offer difficult-to-find information on the nutrient value of sprouts as well as a review of pertinent data on radioactive fallout and food.

As pointed out in the report, the public generally is unaccustomed to preparing and utilizing whole grains and legumes in the diet. Nutritionists and dietitians could play an important role in enabling and enhancing survival in the event of a disaster by working now, prior to an emergency, to emphasize the importance of and encourage the incorporation into the diet of basic foodstuffs such as those used in the survival rations.

REPORT

Joint WHO/UNICEF Meeting on Infant and Young Child Feeding, 1979. From World Health Organization, Nutrition Unit, 1211 Geneva 27, Switzerland, 55 pp., free.

This booklet contains a summary statement on infant and child feeding and the participants' recommendations regarding: the encouragement of breastfeeding, the use of local foods for weaning, the strengthening of infant feeding education programs, the improvement of health and social status of women, and the appropriate marketing of infant formula and weaning foods. A list of participants attending the 1979 meeting in Geneva is included.

Also available, same source, **Meeting on Infant and Young Child Feeding: Background paper prepared by WHO and UNICEF, Parts I and II**, 1979, 71 pp., free.

Also available, same source, **WHO Collaborative Study on Breastfeeding**, 1979, 66 pp., free.

READER

Nutrition and the School Age Child, Vaden, A.G., ed., 1979. From American School Food Service Association, 4101 E. Iliff Ave., Denver, CO 80222, 134 pp., \$8.

This collection of 27 readings, selected mainly from *School Lunch Journal*, *Journal of the American Dietetic Association*, *School Food Service Research Review*, and *Journal of Nutrition Education*, surveys the nutritional, economic, and

behavioral impact of school feeding programs. Background information on the importance of nutrition to mental function is also presented. The papers span the past decade and serve as a reference document for those interested in school food and nutrition programs.

BOOKLET

Nutrition and Your Health, Mazlen, R.G., and L.E. Bradshaw, 1979. From Interfacia, Publications Dept., Box 4422, Chicago, IL 60607, 116 pp., \$6.75.

The authors of this booklet reject the concept of "balanced meals" as an approach to good nutrition and, instead, highlight specific nutrients as being of exceptional importance to the prevention or treatment of 36 nutrition related problems. For example, vitamins C, E, and A are the "nutrients involved" in allergies; protein, vitamin A and biotin in hair care/loss; and zinc, niacin, pantothenic acid, and vitamins E, C, A, and B12 in sex drive.

A few reference numbers end each topic, leaving the impression of the existence of scientific support. However, many of the 121 references have only tangential relationship to the topic or may support only a single sentence or phrase. Also, newspaper articles, unpublished speeches, and articles in popular magazines are given the same credibility as chapters in a standard nutrition text and highly technical and specific research articles from refereed professional journals. The authors state that the handbook is designed for clinicians and consumers. Because of many misleading statements, poor referencing, and general superficiality, this booklet is not recommended for either audience.

PAPER

National Nutrition Consortium Position Papers: Megavitamin therapy, rev. 1979. **Vitamin B15—Pangamic acid**, 1978. **Laetrile—Vitamin B17**, 1976, **Water Fluoridation**, 1976. From National Nutrition Consortium, 2121 P St. NW, Suite 216, Washington, DC 20037, \$1 each, \$2 set of 4.

These brief, unreferenced, 1-page statements favor fluoridation and caution against pangamic acid, laetrile, and megadoses of vitamins.