

## MINERAL SUBSTANCES IN FOODS

Common salt, as well as various calcium, potassium, and other mineral compounds, is needed by the body to enable it to carry on each one of its many functions. Muscles relax and contract only if surrounded by solutions of mineral salts of exactly the correct make-up. Nervous impulses, processes of digestion and assimilation, the combining of red blood corpuscles with oxygen, and every other physiological process, calls for certain mineral salts in definite amounts. Iron is needed to build up the red corpuscles so important in carrying oxygen to all parts of the body.

The need of such mineral elements as calcium, magnesium, and phosphorus is quite as great in bone building as is that of vitamin D and light.

### Importance of Iodine

About 1850, a French scientist named Chatin determined the iodine content of food, soil, water, and air in various localities where goiter was extensively found, as well as in localities where the disease was practically unknown. The results of his work convinced him that there was a definite relationship between the scarcity of iodine in the soil and consequently in the food and water of certain geographic regions and the prevalence of goiter in these regions.

Iodine has been found in comparatively recent times to be a necessary element of the thyroid gland, and much research is being carried on to find the relationship between this element and the human health. It is used extensively by physicians in the treatment of abnormal conditions of the thyroid.

The addition of iodine in the form of its compounds to drinking water and table salt has been found to prevent the prevalence of goiter in schools or communities where this has been tried.

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### MINERALS IN ASHES OF HONEY

*Science Service*

Buffalo, N. Y., Sept. 1.—Dark honey has three and a half times more mineral matter than light honey. Silicon, iron, copper, and manganese are the minerals in order of amount. This report on honey minerals was made to the American Chemical Society meeting here, by Dr. H. A. Schuette, professor of chemistry at the University of Wisconsin, and Kathora Remy.

### DATES HAVE HIGH MINERAL CONTENT

*Science Service*

Buffalo, N. Y., Sept. 1.—Dates were recommended as a dietary supplement before the meeting of the American Chemical Society here today, by M. M. Cleveland and Prof. C. R. Fellers of the Massachusetts Agricultural College. Analysis of imported dates from Iraq showed unusually high mineral content. The fruit is especially strong in potash, a necessary mineral food element.