



# Tired?

## BLAME THE MEALS YOU SKIPPED!

BY CATHERINE M. ADAMS

SCHOOL OF HOME ECONOMICS

Did you ever stop to think that the food you ate or did not eat could often cause that "oh so tired" feeling? Frequently it is difficult to understand how important food is to our well-being. Merely being told that humans need a variety of food is not enough. Surveys and studies made in the United States prove this.

Because breakfast-skippers or skimpers, and lunch-skippers or skimpers are common among high school and college students, one nutrition class at the University of Arizona planned animal feeding demonstrations to show the difference in what actually happens when a good versus a poor breakfast or lunch is eaten. Foods for each menu were selected from recommended lists for young people.

Two white rats were used in each of these demonstrations. One rat was fed a good breakfast consisting of whole wheat cereal and whole milk while the other was fed a poor breakfast of sweet rolls and coffee. The rat on the good breakfast tripled in weight in seven weeks. The one fed the poor breakfast increased by only two-tenths of its original weight. The correctly fed was six times heavier at this age than his friend.

Although the usual breakfast pattern in the United States includes some fruit or juice containing vitamin C, neither of the rats was fed these foods. They produce their own vitamin C. In this respect they are different from humans.

The two young rats in the picture show the effects of a good lunch as contrasted to a poor one. The larger one weighed 40 grams at the beginning of the demonstration. At the age of seven

weeks the weight was 154 grams. This one had a healthy appearance with a glossy fur coat, bright eyes, firm muscles, pink ears, tail and feet. It was good natured and easily handled. The foods included in this well-balanced menu were: meat . . . potatoes . . . carrots . . . whole wheat bread . . . butter . . . apples . . . whole milk.

### COUNTRY LIFE CONFERENCE

The 10th Annual Country Life Conference of Arizona Women will be held on the University of Arizona campus, June 19 - 22, 1956.

The program will include lectures, group discussions, workshops, and educational tours through various University departments, all of which should be of interest to the rural homemaker.

Speakers, lecturers, resource people for discussion groups, and leaders for workshops will be selected principally from the faculty of the University of Arizona.

Lodging will be provided in dormitories on the campus and meals will be available in the Student Union Memorial Building.

Those who are interested may obtain further information relative to the program, cost of meals and lodging, as well as travel arrangements, from their County Agricultural Extension Office.

The rat on the right is a breakfast skimper. His diet was too strong on such foods as jelly, potato chips, cookies, and soft drinks. The rat on the left "never missed a meal." He breakfasted and lunched on such foods as butter, meat, carrots, whole wheat bread, whole milk, and apples.

The smaller rat weighed 47 grams at the beginning of the demonstration. At the age of seven weeks its weight was only 53 grams. The picture shows its shaggy and dull hair. The skin on the ears and feet was rough, dry, and scaly. It was irritable and restless. The foods this rat ate were: whole wheat bread . . . jelly . . . potato chips . . . cookies . . . soft drinks.

If you are looking for mirror appeal—and who is not—you need not fear eating a good variety of foods for breakfast and lunch. And you certainly would not skimp or skip either meal, especially after noting how the poor rat deteriorated without the good lunch.

### WHITHER COSTS . . . PROFITS . . . LAND VALUES?

Did you know that the total value of agricultural production in Arizona was \$45 million LESS in 1955 than in 1954? That crops substituted for cotton generally did not produce enough income to pay for production costs and the high investment in land? That . . . ? Then you may be fascinated—although perhaps disappointed—in the facts of farming and ranching in Arizona as 1956 takes over. You'll find them in Bulletin 270 of the Arizona Agricultural Experiment Station. Ask your county agricultural agent for a copy of "Arizona Agriculture 1956," or write directly to the editor of this publication.