

CIRCLE

SZAAK WALTAN

To insure that our life will not get caught in some vicious circle, we must continue to grow through the exchange of creative ideas with others. It is only when we cut off communication that we build barriers to our progress. Fear & mistrust draw a circle that encloses us. Self-expansion through sharing our thoughts and feelings with those we trust can erase the circle from around our life. Continual giving and receiving is the substance of life that feeds the growing person.

Izaak Walton, author of the "Compleat Angler," was born August 9, 1593.

The route of the Pony Express extended from St. Joseph, Mo. to Sacramento, Calif. a distance of about 2000 miles.

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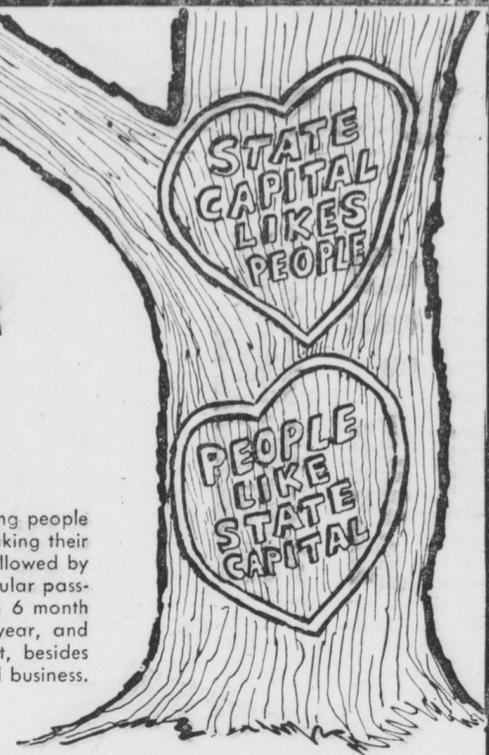
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**HUMAN TRACE ELEMENT
NEEDS IN DIETS NOT
FULLY DEFINED**

Man may be the most poorly nourished creature in the animal kingdom, a scientist from Penn State observed recently. The problem may arise with levels of mineral elements in human foods, stated Dr. Roland M. Leach at a recent route of soil-plant-man association for the Advancement of Science as held in Philadelphia.

Recommended daily mineral allowances for human diets have been established only for iron. Dr. Leach pointed out in contrast, the nutritional requirements of animals such as swine and poultry, laboratory animals, and pets are known and their food is formulated to meet their needs.

On the basis of studies to date, Dr. Leach questioned whether trace elements such as iron, copper, zinc, manganese, selenium, and chromium may be deficient in human diets. Involved in numerous studies of trace elements, he addressed the AAAS meetings as associate professor of poultry science at Penn State.

He listed three factors that

could reduce the availability of trace elements in food, 1. A shift from a soil-plant-animal-man food chain to the diet element is presented. As food chain; 2. removal of trace elements through refining, already a problem, and 3. the primary factor responsible the element is presented. As an example of the latter, the forms of iron used to fortify foods have very poor biological availability, according to recent experiments.

He claimed the proposed widespread use of plant protein concentrates for human diets is a matter for concern. While plants may prove to be excellent sources of vital protein, trace elements in these food products may be poorly utilized by the human digestive system.

Experiments with animals have demonstrated that phytic acid — common to plants—is the primary factor responsible for availability of trace elements in plant products. Three techniques are available, he claimed, to correct trace element shortages caused by phytic acid. The first is to develop plants free of phytic acid through a plant breeding process called genetic selection.

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