

Beaumont Bugle

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THE AMERICAN INSTITUTE OF NUTRITION

by Harriet Hodges

In our past accounts in the BEAUMONT BUGLE we have seen that with The American Physiological Society, The American Society of Biological Chemists, and The American Society for Pharmacology and Experimental Therapeutics, publications have played a most important role in the furtherance of scientific knowledge. With the American Institute of Nutrition, however, we can add that a publication was its very *raison d'être*.

The first American journal devoted entirely to publication of research in nutritional science was suggested by Charles C Thomas in 1918, but it was not until after Mr. Thomas had established his own publishing business that an agreement was made to publish the journal. An application for a charter as the Journal of Nutrition, Inc. was denied under the educational laws of the State of New York and the petitioners were left with the decision to incorporate under the business laws or to form an institute which would in turn publish the journal. So it was that a small select body of twelve members, who constituted the Editorial Board, incorporated to provide for the legal ownership and operation of the JOURNAL OF NUTRITION. On September 27, 1928 a provisional charter was granted by the Education Department of the State of New York to the American Institute of Nutrition, Inc., '... as an educational institution for the dissemination of scientific knowledge regarding nutrition, ..' A final charter was to be issued within five years if the provisions of an educational organization were maintained.

With this 'if' in mind, these first few years were concentrated on the journal itself with no time or thought given to increasing membership. The founders were eager to build a competent science of nutrition out of the heterogeneous bits of knowledge then in existence and the journal was to be the medium for revealing progress in the new field. At that time medical schools



Dr. James Waddell
Executive Secretary

took little notice of nutrition so it was little wonder that physicians actually decried its importance and did not, or could not, recognize its pertinence to many diseases. Even among the founders themselves there had been differences of opinion over the significance of those vague substances that Casimir Funk had named 'vitamines.' Some of them were convinced that the calorimetry of foods was the really important aspect of its utilization. Research and publication of the resultant findings was a very necessary step to bring about a general recognition of the existence and viability of this new science of nutrition and its educational qualifications. This step must have been well taken for the final charter was duly issued on November 16, 1934.

Just as biochemistry was a natural outgrowth of physiology, so the American Institute of Nutrition was dependent to a large extent on the background of biochemists closely associated with medical schools or specializing in agricultural chemistry. Robert R. Williams, a past President of the Society, aptly puts it this way, 'Many of us began life as physiologists or chemists and failed to recognize ourselves as budding nutritionists until we were formally told that there was to be such a thing. Even the term biochemist was then little used in this country - more in England. Biochemistry as then taught was known among students as 'P Chem' and was chiefly concerned

with urine analysis and the preparation from tissues of a few crude mixtures called hemoglobin, myosin, cerebrin and the like!

In the 1930's there was a concerted effort to increase: to increase the number of reviews and clinical papers, lest the Journal become known as the 'Rat Journal'; to increase the advertising, all the while limiting advertising to products passed by the committee on foods of the American Medical Association; and to increase the subscription list. Mr. Thomas announced the intent to increase the Journal to two volumes a year, and the Institute set out to increase the membership for the support of the Journal. A series of letters were sent out seeking members from the ranks of the biochemists, physiologists, the agricultural colleges, home economics and medical colleges, and separate yet concatenated disciplines.

On April 11, 1933 the original founding members met at the annual meeting, as was their custom, one day in advance of the Federation meeting. A committee on constitution and bylaws was appointed, the Board of Trustees was reelected and the membership increased to 174, 111 of whom, including those on the original Board, were members of the Federation. These 174 were considered charter members although this was a second stage in the organization of the present American Institute of Nutrition. No change of name was effected at the time of expansion and in 1958 they celebrated their 25th anniversary albeit the thirtieth anniversary of the original body.

The growth of membership following the charter members was intentionally slow, about 14 a year, each very carefully selected. This slow growth continued until soon after 1958. The Society had grown up in the research in vitamins, but by 1958 the vitamin era had expanded its horizons. Early experimentation had been concentrated on the rat but it had now spread to other laboratory animals and to poultry, swine, and ruminants. Much was being accomplished in the identification and synthesis of dietary factors and in the field of energy metabolism. Many new fields were opening from which to draw new members. This steady growth in membership continued

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as interest expanded to proteins, minerals, especially trace minerals and their effect, and the never-ending challenging facets of the nutrition field.

In 1934 ownership and publication rights of the JOURNAL OF NUTRITION were transferred to The Wistar Institute of Anatomy and Biology, as it was decided that the Journal was paying too much for printing costs and was also paying a publisher's profit which really should go into improvement and extension of the Journal itself. The AIN continued to provide the editorial management and the Journal remained its official publication. It was 1967, however, before there were sufficient funds available for the Council to authorize the repurchase of the Journal and it was transferred back to AIN at that time, with the Federation providing redactional and business services.

The American Institute of Nutrition joined the Federation in 1940

bully beef and dry biscuits, physicians were insensitive to nutrition's importance in maintaining good health. In many cases they were unable even to diagnose the nutritional deficiency diseases. Significant of the times was a notable editorial in the first volume of the AMERICAN JOURNAL OF CLINICAL NUTRITION, 'The Reluctance of Physicians to Admit that Chronic Disease May be Due to Faulty Diet.'

Unlike its sister societies in the Federation, AIN had made provision for individual divisions representing specific interest groups to be formed within the framework of the Institute. Members of each division are members of the parent Society selected according to the provisions of the constitution. Within these limits each division may determine its own membership qualifications and it may publish or sponsor its own publication. In 1960 the American Society for Clinical Nutrition, Inc. became a division of the American

age limit of 40 years. The Borden Company Foundation award, established in 1943, provides a gold medal and \$1000 for fundamental contributions in the field of nutrition, particularly the nutritive importance of any food or food component. The Osborne and Mendel Award, sponsored by The Nutrition Foundation, Inc., is for \$1000 and a scroll for outstanding recent basic research accomplishment in the general field of exploratory research in the science of nutrition. The Conrad A. Elvehjem Award for Public Service in Nutrition is sponsored by the Wisconsin Alumni Research Foundation and is given in recognition of distinguished service to the public through distinctive activities in the public interest in governmental, industrial, private or international institutions but it does not exclude contributions of an investigative nature.

The ASCN has the McCollum Award sponsored by the National Dairy Council



Dr. O.L. Kline and his Secretary,
Mrs. Carolyn Paddon



Mrs. Gilda Knight

becoming number 5 in the sacred sequence. AIN has more women members than any of the other Societies, perhaps understandably so in view of the woman's greater innate interest in home economics, diet, and nutritional requirements for the health of the family.

In the late 50's a group of medically-oriented nutritionists, all members of the AIN, agreed to form an association and to sponsor a journal directed more specifically at the medical and clinical phases of nutrition. Medical schools maintained their continuing neglect of proper emphasis on nutrition. The subject was never taught with any meaning to physicians so that they were only vaguely aware of it and could not prescribe a diet. In spite of the fact that as far back as the 1700's sailors of the British Navy were called 'lime juicers' because they were issued lime juice to counteract scurvy contracted from eating just

Institute of Nutrition, selecting as its official organ THE AMERICAN JOURNAL OF CLINICAL NUTRITION. ASCN members were required to subscribe to this publication. In 1967 the Journal was transferred from the Reuben H. Donnelley Corporation to the ASCN and the Federation began to provide business and redactional services to the ASCN for their Journal.

Both the ASCN and the AIN have active, honorary and emeritus members, and sustaining associates; the AIN has fellows and supporting members as well. Every scientific organization desires to recognize outstanding scholarly achievements among its members usually by way of awards. The first award for AIN was set up in 1938 by Mead Johnson and Company for \$1000 and a scroll for meritorious research on the vitamin B complex. In 1963 it was limited to persons under 46 years of age, and beginning with the 1970 award will be presented with an

which is presented for outstanding research in the field of clinical nutrition. It consists of \$1000 and a scroll and is designed to promote meritorious research in human nutrition. ASCN also administers the Norman Joliffe Fellowship Awards which are offered to stimulate interest in clinical nutrition among medical students in the U.S. and to give financial support to those active in teaching clinical nutrition in American medical schools.

The 1960's have seen continued growth of both AIN and ASCN. In January of 1965 the secretariat was established at Beaumont House with Dr. James Waddell as the Executive Secretary and Mrs. Gilda Knight was chosen to be his secretary.

In 1967 an Office of Nutrition Science Services of the AIN was set up with Dr. O. L. Kline as Director. This office has been helpful in selecting people useful to the U.S. Agency for International Development which

spearheads foreign aid and concerns itself with war on hunger, and food for peace, among other vital projects. Dr. Kline is now conducting studies requested by such Federal agencies as the White House Conference on Food, Nutrition and Health, U.S. International Biological Program, and Food Composition Table for Use in East Asia.

During AIN's silver anniversary symposium in 1958, Dr. W. H. Sebrell, Jr. commented, 'As we now move into more and more studies on the function of vitamins, more and more studies on the pathology of deficiency diseases, more and more studies on the relationship between malnutrition and degenerative diseases, the importance of the American Institute of Nutrition as a scientific body can be expected to become even larger. One very important area is that of public education. We badly need in this country better means of effectively and authoritatively informing lay people about nutrition.' This certainly was very true in 1958 and it is even more true in 1969. Poverty and the slums in American produce all too many under-nourished children. With the population explosion and limited or even lack of food supplies, as we see in Biafra and many of the Asian countries, with the prevalence of sprue and kwashiorkor and other nutritional deficiency diseases, with food additives and substitutes, with the excessive use of poisons and insecticides and the resultant pollution of the waters and destruction of sea food, to mention but a few items in Pandora's box, we can readily see that the nutritionists and the American Institute of Nutrition have much work to do, many problems to solve and a challenging future.

THINGS HAVEN'T CHANGED

In his address at the General Session of FASEB at Atlantic City in 1968, William H. Stewart quoted Petronius Arbitr, a Roman official of Nero's day who observed, some 17 centuries ago:

We tend to meet any new situation by reorganizing. And a wonderful method it can be for creating the illusion of progress while producing confusion, inefficiency, and demoralization.

BIOCHEMISTS TO EXPERIMENT WITH SEPERATE MEETING

At the 53rd FASEB Annual Meeting held at Atlantic City this past April, the American Society of Biological Chemists announced that in 1971 it will experiment with a meeting separate from the other Societies but still under the auspices of the Federation. The growth of the Society and the Federation in recent years has prompted a review of the value of the large annual meeting, and for several years the question of an occasional separate meeting has been debated by the members and Council of the American Society of Biological Chemists. It was judged that the time is now right for such an experiment, with June of 1971 as the earliest possible date. Sites under consideration are Washington, D. C., Denver, Colorado, and San Francisco, California. A further announcement will be made when details as to site and time are precisely determined.

In 1970 and 1972 the biochemists will meet jointly with the other five Societies of the Federation, as they have done in the 53 past years.

'A ROSE BY ANY OTHER NAME. . .'

Most of us have had to cringe as we put down in black and white adjectives which don't adequately describe an ex-employee...worse yet have had to sign our name to that letter of recommendation.

Leave it to the British to describe such a person tactfully. The Bank of England compiled this tongue-in-cheek list of phrases: 'Has a firm grasp of all inessentials... Since he draws his pay each month, must be presumed to work for the bank... Scares easily, but always manages to run in the right direction... Aman of few words, but only because his vocabulary is limited... Is always ready to express an opinion once he has heard what the Chief has to say... Very punctual at coffee time and in punching out.'

A VERY SICK MAN



Mr. William Crutchfield

One soon learns not to reply, 'How are you?' to William Crutchfield's welcoming, 'Hi, lady' or 'Hi, Governor'. Since 1957 when William came to Beaumont and probably for many years previously when he was at the National Academy of Science, he has had one stock answer, 'Very sick man', and if he didn't happen to be too busy, he would add the further information, 'The doctor says I should be home in bed'. Then with a twinkle in his eye, off he would go to lift heavy weights, swing a mean axe, or shovel away a snow drift.

Many a winter afternoon after a snow or sleet storm, William would be in the parking lot with a bucket of hot water to clear the windshields, many a flat tire has had his personal attention, many a stalled car has had a starting push, and many a door has been held open. No matter what the favor, great or small, William always did it graciously and with the comment, 'That will cost you an extra \$10, lady'. His cheerful attitude and smiling face belie his chimerical, 'Never had a happy day in my life'.

Most of us know about William being a 'sick man'. Some of us old timers know that he has a farm on which he works very hard and where he and his wife have raised twenty-five or thirty foster children as well as one of their own. Starting in April of this year, William moved to a fundamentally indoor job. He is a special messenger when needed, but his major responsibilities are in the stock room where he prepares special publications, Federation Handbooks and single and back issues of journals for mailing. William can still lift a 'mountain of books'.

We should all be so sick!

Harriet Hodges