



Doctor in the Kitchen®

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When someone mentions cheese, what pops into your mind? Sandwiches? Hollandaise sauce? Soufflé? Hors d'oeuvres? Cheeseburgers? Parmesan sauce? Stuffed frankfurters? Cheese dip? Macaroni and cheese? Au gratin casseroles? Cheesecake? You can go on from there.

Cheese is as nearly a universal food as the variety of milks from which it is made—cow's, goat's, mare's, caribou's, reindeer's, camels'. Distinctive cheeses from many parts of the world bear well-known names—Cheshire, Cheddar, Wensleydale, and Stilton from England; Brie, Camembert, and Roquefort from France; Provolone, Gorgonzola and Parmesan from Italy; Gruyère and Emmentaler from Switzerland; Edam and Gouda from Holland; Limburger from Belgium; whey and goats' milk from Scandinavia; and white Brick from the United States. Happily, however, immigrant cheesemakers have brought their know-how and their bacterial cultures to this country. Every variety of cheese can be made, and many are made in the United States so skillfully that experts have difficulty in distinguishing the imported from the domestic.

Cheese is a gourmet item, but it is also a fine basic food,

providing excellent protein, vitamins, and minerals. It is a useful alternate for meats, and a garnish for many tempting dishes.

Cheese is a low-residue food. It is almost fully digested and utilized. It has been regarded, mistakenly, as constipating or "binding." Actually, no single dietary factor can be regarded as constipating, although the diet as a whole may be, if there is insufficient roughage.

Distinctively American cheeses are the Cheddar-like "American," the white hard Brick, and the pineapple cheese, so named from its shape. Cottage cheese is of unknown origin.

In ancient times, cheese was made by storing milk in "botles" of animal skin, where the warm climate soon produced curds. The word "cheese" comes from the Hebrew for "curdle." The Old Testament refers to "cups of milk" which were, of course, cheese. Cheese is still made that way in the Near East.

Cheese, so valuable in the normal diet, may be particularly useful for those with gout who are limited in meats; and for those who require bland diets low in roughage. Cheese is so good to eat that these recommendations are superfluous, but they are nice extra dividends anyway.

Science Finds The Key To Bacterial Illness

A University of Michigan scientist has unlocked one mystery of recurrent bacterial infections, and may have opened the door for a cure.

The discovery could influence the treatment of listeriosis, habitual abortions, and many common infectious such as acne and boils.

Dr. Antonina M. Brem (Ph.D.) of the U-M School of Public Health traced the cause of these recurrent infections to "L-forms" of bacteria hibernating in healthy tissue.

IN A REPORT to the American Society for Microbiology, Dr. Brem said these "L-forms" do not cause disease. But under certain conditions they quickly change into disease-causing bacteria, sometimes in a few hours.

An "L-form" is a bacterium whose cell-wall has been destroyed. It can survive for months in this condition, but is apparently harmless.

Dr. Brem studied *Listeria monocytogenes*, a bacterium that can cause meningitis, septicemia, and abortions in humans; she obtained germ samples from diseased patients hospitalized at the University of Michigan Medical Center. After destroying the cell-wall with penicillin, she injected the surviving L-form into mice.

For months after this, the L-form could be detected by laboratory tests, but the mice were unharmed. However, Dr. Brem reported, once the L-

form was removed from the mouse, it promptly regrew its cell wall and became virulent. If injected into the mouse in this normal, bacterial form, it killed the mouse in three days.

Dr. Brem said her findings suggest that hospitals must provide new laboratory tests able to detect L-forms in patients. "We can then isolate the L-form and let it grow back its overcoat in order to find out just what it is and what to do about it."

AS PART OF HER research, she devised a new and more reliable technique for culturing L-forms, and offered this new technique as one means of speeding hospital tests of patients.

She also pointed out that penicillin treatment renders the bacteria harmless, but does not destroy it. "To get a complete cure, physicians will need to destroy the L-form, with antibiotics such as erythromycin or sulfa drugs."

Dr. Brem, who received her Ph.D. degree from the University of Michigan School of Public Health just 10 days ago, conducted her investigation for the past two years under the direction of Dr. Warren C. Eweland, professor of epidemiology.

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