



Doctor in the Kitchen®

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It is commonplace to say that water is essential in all animal and plant nutrition. Still, many people don't think of water as a nutrient, along with substances such as proteins, carbohydrates, fats, vitamins, and minerals. Put them all together, however, and add water, and you have six vital nutrients that we must have to be healthy and to survive.

So let's talk about water! Sea water is, of course, the direct or

indirect source of most water. Snow is believed to be probably the purest natural source of drinking water. Rain is next, although rain contains dissolved gases of the air plus traces of other matter and dust held in suspension.

Pollution A Problem

According to authorities, water from streams and lakes in mountainous regions is relatively free of organic impurities. Water from springs and wells has been filtered by the earth and is usually free of organic contamination.

Both mountain and spring or well water, however, may contain inorganic salts. Tests reveal the extent. But water from lowland lakes and rivers is these days, I am afraid, highly polluted. And therein lies one of man's biggest current problems, since the vast majority of our water use stems from these lowland sources. Even water originally from the mountains will become contaminated if it flows far enough through lowland country.

Thus, much of our water is poor in color, clarity, and taste or odor, and some of it actually contains chemical wastes, filth, and bacterial growth. Among the most serious water pollutants are the growing amounts of detergents used in homes and industry. Many responsible people are doing their best to solve the problem of water pollution. Every citizen should be concerned.

The human body is composed by weight, of about two-thirds water. Some people have referred to this high water content in the body as "the sea within you." It is composed, literally, of salt water plus other essential substances in solution.

All foods contain some water, and they help you get your daily water quota. Some foods are high in water content. Tomatoes, for example, are 93 per cent water. They would hardly taste as good without this water content.

All of the body's chemical processes take place in solution. Thus, water is essential. Some of the water our bodies use each day must be replaced because of water excreted. Several pints a day are used up by your kidneys, bowels, perspiration, and exhaled breath. Wide variations can occur depending upon physical activity, your body temperature, salt balance, illness, or drugs which may cause abnormal loss.

Most city water supplies are now adequately protected against contamination. But you're lucky if you have available cold, clean, fresh, and really good tasting water when you turn on your kitchen faucet.

A UNIQUE ASPECT of the move is that it is being performed entirely by department employees. Four six-man crews volunteered for the project, which a department spokesman said would mean a net \$34,000 savings in costs quoted by a commercial moving firm. Labor costs to the State, he said, would be less than \$10,000.

Henrik E. Satsch, state highway director, said the second and third floors should be fully occupied by June 17, the first floor by July 1 and the fourth floor by Aug. 1.

Built of concrete, glass and steel, the Highway Building is a near duplicate of the State Treasury Building dedicated recently, but is considerably longer.

SOME OF THE FEATURES INCLUDE: A reduction from 67 to 21 in the number of private offices for Department executives, a move calculated to improve worker efficiency.

A first-aid room, staffed fulltime by a registered nurse. Location of a Department motor pool, with service facilities, in the underground parking ramp underneath the new state building complex.

Fewer telephones and improved hook-ups which will save an estimated \$700 a month in telephone charges.

There will be vending machines on every floor, but no cafeteria in the building. This decision, too, was taken to improve efficiency.

Some statistics on items to be moved into the new building: 1,008 desks, 897 tables, 2,400 file cases, 487 bookcases, 2,421 chairs, 280 stands, 318 coat-racks, 893 typewriters, calculators, etc., 372 picture boards, 155 other small items — and 8,218 boxes required for the move.

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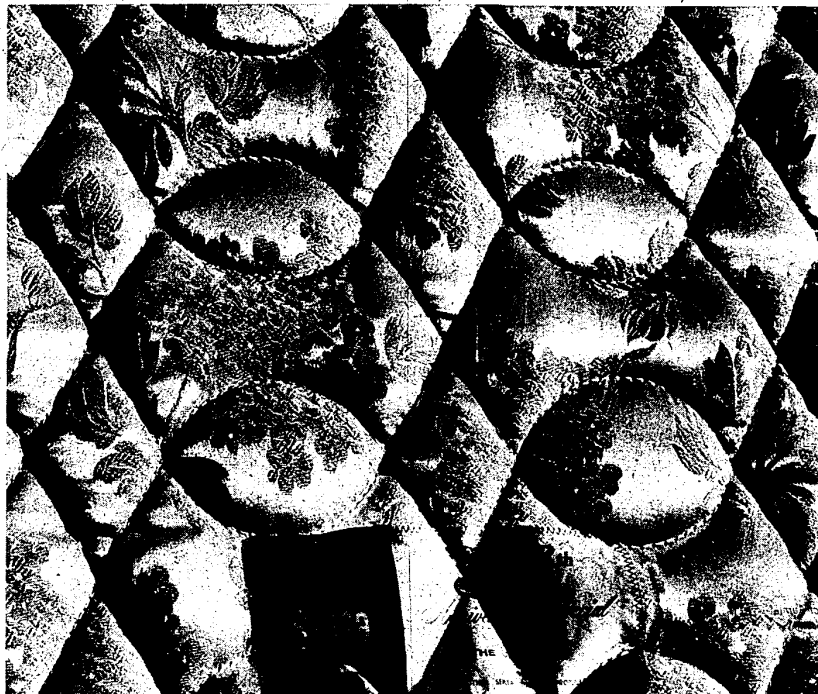
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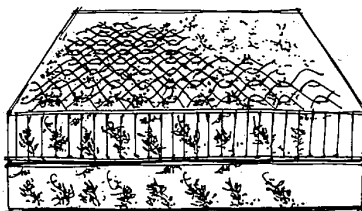
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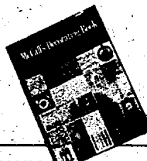
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