



## Doctor in the Kitchen®

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Does the aerospace age influence nutrition concepts? Will we change our food habits by reason of aerospace experience?

These and other questions arise naturally as a result of the intense interest in the health and safety of our astronauts. Whether we sympathize with or deplore the race to the moon and to other planets, we are united in the wish that the men who risk their lives and sacrifice their days to the success of these missions, shall be kept safe and well.

IT IS OBVIOUS that aerospace ventures demand a high degree of fitness in the broadest sense—mental, physical, emotional and spiritual. This is not attainable with anything less than the highest possible level of nutritive. The longer and more venturesome the mission, the greater will be the need for fitness, and therefore for adequate feeding.

When Admiral Byrd went to the Antarctic, there were feeding problems. Not only was it important to have sufficient quantity and variety to assure freedom from deficiency diseases, but the question of storage and the prevention of spoilage had to be solved.

IT WAS MY good fortune at that time, through the American Medical Association, to try out a number of dehydrated foods on one of our family trailer trips to the Canadian woods. Dehydration was not new, of course—American Indians knew how to "jerk" meat—but large-scale processing was an experiment. Today we take dehydrated mixes of all kinds as a matter of course.

Weightlessness in the space flights poses a new problem; much food is provided in tubes or in bite-size solid form, since liquids are impractical. Here again we are not dealing with an entirely new concept, but we are seeing great advances and developments.

Providing food of adequate nutrient value and good taste in small and manageable form under new conditions is a challenge for the space program. It will probably result also in new products for everyday use by the grounded majority of the human race.

PERHAPS the most important influence of aerospace nutritional advances, if we have the wit to capitalize on it, will be the effect it may have on our children and young people. When your little astronaut dons his plastic helmet and says, "Mother, I'm hungry," you have a golden opportunity to induce him to eat nutritionally balanced meals, like an astronaut.

Just as thousands of young men eat carrots in the hope of improving their eyesight to get into the Air Force—a vain hope, by the way—so may our adolescents be motivated to eat like an astronaut.

Already we see indications of how products used in aerospace are offered commercially for use in our homes. This can become a tremendous influence on our dietary habits. Since aerospace nutrition is scientifically based, it should be highly beneficial.



### POTTED BEEF FRENCH STYLE (Serves 6 to 8)

- 2 tablespoons olive or salad oil
- 3½ to 4 lb. rump or chuck roast
- 1 onion, chopped
- ½ cup diced celery
- 1 clove garlic, chopped
- 1 carrot, chopped
- 1 bay leaf
- 2 teaspoons salt
- ½ cup dried mushrooms (about ½ oz.)
- 1 can (6 oz.) tomato paste
- 1 can (10½ oz.) beef broth
- 1 cup red wine

Heat pressure cooker and add oil. Brown roast on all sides. Add prepared vegetables and seasonings. Blend tomato paste with broth and wine. Pour over meat. Close cover securely. Cook 35 minutes. Let pressure drop of its own accord. Serve with gravy.

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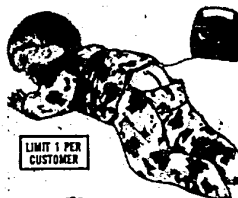


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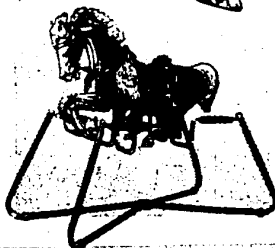


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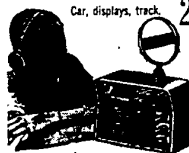
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