CHEMISTS HEAR TALK ON FOOD SUBSTANCE

Substance is Essential to Normal Development of Body Says Professor Woodman—Mr. Pratt Talks on the Rubber Industry

BANQUET ON MAY 15

Professor Woodman gives an interesting talk on "Vitamins" at the meeting of the Chemical Society last Thursday at the newly opened Chemical Society's headquarters. "Vitamins" are a group of substances which are all essential to the body in order to maintain health.

First of these vitamins was found to be a factor in the milk of certain plants. Since then, chemists have discovered that these substances are not present in milk, but are found in milk fat, lean meat, eggs, and green vegetables.

Several of the vitamins have been found to be essential to health in varying degrees. Vitamin A, for example, is necessary for good vision, and is found in liver, eggs, and dairy products.

Vitamin C, also known as ascorbic acid, is necessary for the growth and development of bones and teeth, and is found in citrus fruits, tomatoes, and potatoes.

Vitamin D, also known as cholecalciferol, is necessary for the development of bones and teeth, and is found in fish, dairy products, and sunlight.

Vitamin E, also known as tocopherol, is necessary for the development of the nervous system, and is found in liver, eggs, and dairy products.

Vitamin K, also known as menaquinone, is necessary for the development of the blood clotting factors, and is found in leafy green vegetables, liver, and dairy products.

These vitamins are found in varying concentrations in different foods, and it is important to consume a balanced diet in order to ensure adequate intake of all vitamins.

For example, a diet high in fruits and vegetables will provide a good source of vitamins A and C, while a diet high in dairy products will provide a good source of vitamin D and calcium.

It is also important to note that some vitamins are destroyed by heat, and that cooking methods can affect the amount of vitamins in a food.

The vitamins are also needed for the proper functioning of the immune system, and deficiencies can result in a variety of health problems.

Therefore, it is important to consume a variety of foods in order to ensure adequate intake of all vitamins, and to consume foods in their natural state, as much as possible, in order to preserve the vitamins.

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CLINIC NOMINATIONS

Nominations for the officers of the Board of Directors of the C.I.C.S. and for the Board of Trustees should be made onMonadnock paper. The election will be held on May 15, 1917.

The officers to be elected are: President, Vice-President, Secretary, and Treasurer.

The Board of Trustees consists of nine members, and nominations should be made from among the members of the Board of Directors.

The three officers to be elected are:

President—Professor Woodman

Vice-President—Mr. Pratt

Secretary—Mr. Jones

Treasurer—Dr. Smith

The Board of Trustees consists of nine members, and nominations should be made from among the members of the Board of Directors.

The three members of the Board of Trustees to be elected are:

Dr. Johnson

Dr. Smith

Dr. Brown

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M. E. SOCIETY ELECTIONS

The annual elections of the M.E. Society will be held on May 15, 1917, at the normal meeting of the society. The officers to be elected are:

President—Mr. Jones

Vice-President—Dr. Smith

Secretary—Dr. Johnson

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