



The pilot accident rate in the Air Force dropped to lowest on record after pilots started eating a proper breakfast.

Get off the Ground with a good Breakfast!

*"You feel wonderful and full of drive;
your thinking is quick and clear; your disposition is at its best;
life is good"—and all because you ate the right breakfast.*

Have you, or a member of your family, had an accident lately? What kind of breakfast did you serve that day?

Recent studies prove that most kinds of accidents have their beginning at the breakfast table. And not only such obvious mishaps as a sprained ankle or a broken arm—temper tantrums, irritability, headaches, fatigue can all be avoided by eating a proper breakfast. According to nutritionist Adelle Davis, a proper breakfast is one containing sufficient protein.

The cells of the nerves and brain get their energy only from blood sugar, never from fat by itself or protein. "Even when the amount of sugar available to brain or blood cells decreases only slightly, thinking becomes slowed, nerves become tense; the person whose blood sugar falls below normal becomes progressively more irritable, grouchy, moody, depressed, and unco-operative," says Adelle Davis. "On the other hand, if the food you eat is sufficiently adequate to cause your blood sugar to increase over a fasting level, energy is easily produced; you feel wonderful and full of drive. Your thinking is quick and clear; your disposition is at its best—at that level life is good."

Perhaps this sounds as if sugar is the important element

in breakfast, but wait. All of us get plenty of sugar (usually too much) in our food—from sugar itself, from starches, and so on. It is what our systems do with the sugar that is important—and this is where protein enters the picture.

In her book, *Let's Eat Right and Keep Fit*, Adelle Davis reports on a study made by the U. S. Department of Agriculture, in which 200 volunteers ate various types of breakfasts. Each person's blood sugar was checked before the meal and hourly thereafter.

No. 1. *Black coffee alone*: "Blood sugar decreased and the volunteers experienced lassitude, irritability, nervousness, hunger, fatigue, exhaustion and headaches; the symptoms became progressively worse as the morning wore on."

No. 2. *Doughnut and coffee*: "The sugar and starch of the doughnut caused a rapid rise in blood sugar, followed paradoxically by a rapid drop to a low level, resulting in inefficiency, fatigue and lack of co-ordination."

No. 3. *Orange juice, two strips of bacon, toast, jam, coffee with cream and sugar*: This "basic" breakfast, selected because it is typical of the breakfast eaten by millions of Americans, sounds adequate. Yet, "blood sugar rose rapidly, but fell far below the prebreakfast level within an hour, and remained at this low level until lunch."

No. 4. *Breakfast No. 3 plus a packaged cereal*: "Blood sugar rose, fell quickly, and remained below normal all morning."

No. 5. *Breakfast No. 3 plus oatmeal with sugar and cream*: "Blood sugar rose more rapidly, but fell quickly, and to a lower level than any other breakfast studied."

No. 6. *Breakfast No. 3 plus eight ounces of whole milk fortified with 2½ tablespoons of powdered skim milk*: "After this meal the blood sugar rose above normal and remained normal all morning. Energy was well produced and unusual well-being was experienced."

At last the heroine appears on the scene—protein! Protein itself

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Breakfast need not be large, but it must contain protein, such as milk, eggs, meat or fish.

What Breakfast Means in the Air Force

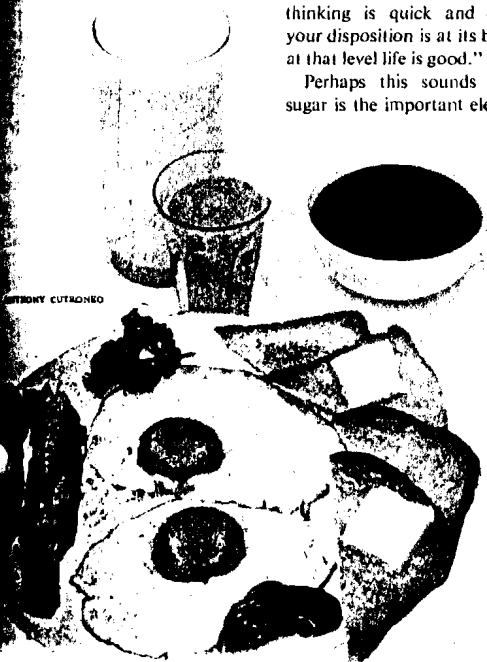
During the first three years of operating in FTAF our unexplained-accident rate was entirely too high. We were having two, three and sometimes four unexplained accidents per month. A pilot's duties require the expenditure of an enormous amount of energy. Flying a modern jet not only is an arduous job physically—it also makes extreme mental demands on the pilot.

Last year the surgeons of this command conducted a survey and found that as many as 50 per cent of the student pilots went off without a proper breakfast before flying. If a flier gulps down a cup of coffee and maybe a doughnut, and then goes off on a flight, after an hour or so his blood sugar may fall to a dangerously low level. His co-ordination will be off, reaction time will be slowed down, thinking will be slower, and judgment will be off. He is a candidate for another mishap marked down to "pilot error."

In July a program was started to encourage pilots to eat an adequate breakfast, consisting of fruit or fruit juices, eggs, bacon, toast, milk, and so on. Wives were taught their husbands' needs for a hearty morning meal. Snack bars were set up in every briefing room to serve milk, fruit juices and sandwiches between flights.

By August the accident rate of the command was the lowest on record!

Col. William H. Lawton
Surgeon of the Flying Training
Air Force at Randolph AFB, Texas



Hyperion is a day lily whose graceful grassy
to look at long before its midsummer flowers
ong after they finish.

way to plant the perennials is to set them in topsoil
en pulverized down a good ten inches or so and en-
several handfuls of bone meal per plant. Scoop out
ts, rhizomes or tubers, whichever the case may be, so
er is left of a stem or leaves emerges from the surface
at the same point it had emerged before it was dug up
You'll see that the peony wants to be set somewhat
the others. The main thing is to firm them all down
hem well. Scatter a little straw or hay over them to
isture.

ical way to get deciduous trees and shrubs
re-rooted, not balled and burlaped. But the
ately be kept covered and dampened from
Jug till the time they are planted. Any good
at bare-root plants leave the nursery prop-
it's up to you to see that after you receive
not allowed to dry out. Give them a good
ow in, with plenty of good organic fertilizer
rune back the branches about one third to
e shock of transplanting. Plant them small.
luck with them, and they'll soon catch up

ns and shrubs I'd like to recommend are as fol-
he new thornless honey locusts for a shade tree;
tree, the Kwanzan cherry; and for a flowering
si viburnum. The honey locust is the shade tree
als are now putting at the top of their lists of ten
ted variety called Moraine locust is shapely
the fashion of an elm; fast growing, and with
e foliage that is never thick and heavy. Grass
of cation, and there are no honey-locust seed
e. . . . The Kwanzan cherry needs no de-
te. It's the one that makes Washington, D.C.,
pring, and will make your front yard famous
ariest viburnum has great flat greenish-white
ers in May which, together with its handsome
al gracefulness, make it a showpiece among

easily go mad among the endless temp-
nd tulips, and among all their endless
o to preserve our sanity let us take an
k trumpet daffodils—Mrs. R. O. Back-
best. If you've never had pink trumpets,
d from among the tulips, let's take a
Darwins, a small mixture of yellow
m together in a single bed. They'll be

ting the daffodils, there's no particular trick.
s down is about right, only be sure to set the
Late October or November is a good time,
e bone meal. . . . Whereas you can plant your
ou like, just so you get them in before the
d. In fact, the later you plant them, the less
start shooting up during a spell of warm
which is something to watch for. Also, you
er than daffodils. I've planted mine as deep
nches, so that I could plant annuals and
r them in the summer. But it's not in the
it at your own risk. . . . It's fun not to go
es.

In December:
C. DENNER DO IN THE WINTER?

more than made up people I had seen, far-off places

Mother passed away quietly in
her eighty-third year on January
All the proud and haughty Vanderbilts
came to her funeral service.

Afterward, a fleet of limousines
hearse down to the ferry. I remember
drove toward the Battery, how
had loved the sounds of the New
bor, the cry of gulls, the clanging of
shrill impatient whistling of ships
sailing.

As the ferry pulled out from
could see in the white foggy distance
bulk of a splendid transatlantic liner
out to sea.

The rain began to fall in cold
that January day as we accompanied
on her final crossing, this time to
land, where the saga of the Vanderbilts
This was the birthplace of the Commodore
Cornelius I.

And there in a cold gray stone
designed by Richard Morris Hunt
great-grandfather, my mother finally
the other Vanderbilts.

GET OFF THE GROUND WITH A GOOD BREAKFAST

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does not produce blood sugar; its im-
portant role here is that it regulates its production,
slowing digestion so that the sugar is
fully absorbed into the blood and con-
stantly maintained at a high level for many
(Protein, of course, is vital to the diet for
other reasons also: building body
blood cells, and so on.) Sugar and starch
our American diet are cheap and over-
abundant; proteins are relatively expensive
rare. Yet there is no doubt that well-being
efficiency during the morning hours
depends upon the amount of protein eaten at break-

No. 7. Two eggs (more protein) were
served with Breakfast No. 3 instead of the
milk: "Again the high level of efficiency
was maintained. This proved true, too, when
the same quantity of eggs or fortified milk
was added to the basic breakfasts including
the ready-to-eat cereal."

"Americans eat far too much of it,
hence are not hungry in the morning and
eat nothing or must have a sugar-coated
breakfast," Miss Davis sums up. "Coffee alone
provides too little sugar, and there is no
energy until the noon meal. With a do-
nut or cereal breakfast, too much sugar
is eaten. Digested almost immediately, the
sugar floods the blood stream and causes insulin
to be overproduced, which in turn causes a
dangerous drop in blood sugar. If twenty or
thirty grains of protein are eaten, then digestion
is markedly slowed up, sugar passes slowly
into the blood, little or no insulin is produced,
and the blood sugar—coming directly from the
digesting food—stays high all morning. The
breakfast need not be large, but it must contain
protein, such as milk, eggs, meat or fish."

The conclusion is inescapable: A good breakfast
is not only a pleasure; it is a necessity.



NEW HIDE-A-BED sofa in "salt-and-pepper" metallic tweed
with shelf arms. Also in turquoise, sand beige, pink ice or
white, \$279.50. Apartment size, \$269.50.



ADDITIONAL HIDE-A-BED sofa shown in toast metallic
with curved arms. Available in many colors and textures
including on fabric. Apartment size from \$289.50.

U. S. Patent Office, Copr. 1956, by Simmons Co., Mde. Mart. Chi