

Vegetables :

Leafy
Yellow
Potatoes
Other fruits

FORM II

Breakfast Lunch Tea Dinner

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Food preparation is the next important step after planning the menus. Preparation of foods should help in the conservation of nutritive values, improvement of digestibility, increasing palatability and attractiveness, and assure safety for human consumption. The person in charge of Food Service must be conversant with the different methods of cooking and must be able to select and apply the suitable one for the particular food. Finally the cooked food should

be served attractively and pleasingly.

If the above principles are applied, it will be then possible to maintain proper standards in a hospital food service. When Dietitians take the place of the present contractors and stewards in hospitals, the role of diet in disease will find its place in treatment. The food service manager or the Dietitian should select her personnel carefully and define the objectives of the diet kitchen to them. She must prescribe standards for meal preparation and procure suitable equipment and provisions. Records must be carefully kept and a high order of sanitation should be established. She should also have a reasonable amount of teaching aids at her disposal. She should be the nucleus for nutrition education in the hospital and community. Through her teaching, records and work in the diet kitchen, there will be provision for research in the therapeutic diets.

WORLD HEALTH DAY

"Clean Water means Better Health"

April 7

A Statement

By

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Abundant supplies of clean water have always been a necessary condition for the rise of the great civilizations of history. Civilizations and cultures were nurtured in the valleys of famous rivers—the Nile, the Euphrates, the Indus, the Ganges and the Yangtse. As these civilizations flourished, however, their growing populations only too often themselves poisoned the waters on which their life depended.

As little as one hundred years ago, cholera, typhoid, the dysenteries and other diseases caused by polluted water still ravaged the peoples of all the continents. Then around 1850 there began what has been called the Great Sanitary Awakening. Through the pioneering labours of people like Chadwick, Shattuck and Snow, and the discoveries of scientists like Pasteur and Koch, the foundations were laid of the great science of public health.

which has achieved almost miraculous results during the last few decades in bringing down mortality rates and raising health standards.

A great deal of this improvement in Western Europe and North America has been due to the purification of water supplies and the sanitary disposal of human wastes.

Although spectacular results have been achieved, no country in the world can yet afford to relax its vigilance concerning water sources and supplies. We must not forget that serious and widespread cholera and typhoid epidemics were still occurring in Europe and America at the end of the nineteenth century. As late as 1937 a momentary breakdown in the water-purification system of Croydon, near London, let loose a terrible epidemic of typhoid fever. In Marseilles in 1943 there were 639 cases of typhoid with 127 deaths, mostly due to the drinking water. In the immediate post-war years 250,000 cases of typhoid fever with 25,000 deaths were occurring annually in Europe. In Mexico it was estimated that in 1948, 22 per cent of all deaths were caused by waterborne diseases. Experts believe that in many Asian countries the sickness rate could be halved by protecting water supplies and providing proper facilities for the disposal of wastes.

There is an added need for vigilance in areas where farming methods are being modernized, industries are expanding, and populations are becoming denser. Particularly careful planning is then needed to assure sufficient water supplies for homes, factories, irrigation and electric power, and to solve the complementary problems of the disposal of sewage

and industrial wastes. In a number of countries elaborate processes are being developed for reclaiming, from these wastes, water that can be used for many important purposes.

The privileged citizens who can unquestioningly trust the water which flows from their household taps or their village pumps and fountains should reflect on the constant labours of the army of scientists, laboratory workers, engineers, health administrators and other highly-trained personnel which have made it possible for them to enjoy an abundance of palatable and safe water. They should also realize their responsibility to avoid polluting lakes, rivers and subterranean water reserves.

As for those—they are unhappily the great majority of the human race—who do not enjoy the benefits of a protected water supply, it is my earnest wish that they and their village and municipal authorities will redouble their efforts to remove one of the main obstacles to their future progress. They and the authorities responsible for safeguarding their health may take courage from the hard-won experience of other lands where the financial outlay required to ensure adequate supplies of safe water in city, town and village has always been repaid hundreds of times over in terms of increased productivity and greater prosperity.

The purpose of World Health Day 1955 is to help stimulate understanding the basic relationship between water resources, health and civilization itself, thereby, I sincerely hope, hastening on the time when the whole of mankind will be freed from the vast, costly and needless burden of waterborne diseases.

"Briefly, if pure drinking water can be provided to people and if human excreta can be disposed of without its contaminating the food and drink of man, a solution would be found for half the ill-health of people in the South East Asia Region."