

70/11

Rome 10-4-70

To all Superiors Generals  
 To their delegates for SEDOS  
 To all members of the SEDOS group

This week:

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IN MEMORIAM: Fr. Volker's tragic death in Geneva was a great loss to the cause of Missionary Cooperation. Today SEDOS joins the White Fathers in their prayer for him at Domus Marie. A SEDOS Mass will be celebrated before April 26.

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HEALTH: The Contact group organized a highly successful study day at the FAO. The full report shows the intimate links between Nutrition and our missionary health services. The contact group met a few days after the session and a report of its deliberations is enclosed.

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DEVELOPMENT: The Development group has now farmed out the many items on its plate among a few "sub groups". During its "plenary" meeting of April 3, 1970, it formulated proposals to the Executive as regards membership in fund raising organizations and cooperation with FAO

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COMMUNICATIONS: The group met to plan an encounter with Superiors Generals on the issues raised at Driebergen for Thursday, April 23, 1970, at 16.00 at Justitia et Pax. Please keep the date free.

SENSITIVITY TRAINING: Up to now, we have only 7 firm applicants for the session announced for May 17, 1970. There are still 5 vacant places. Please phone the Secretariat if you are interested and have not yet given your name.

THE EXECUTIVE COMMITTEE will meet on April 22, 1970 at 10.00 at the SEDOS Secretariat. Other meetings:

INDONESIA	: 14-4-70	- 16.00	- Secretariat
COTE D'IVOIRE	: 16-4-70	- 16.00	- Secretariat
FORMATION	: 21-4-70	- 16.00	- Secretariat
BRAZIL	: 22-4-70	- 16.00	- Secretariat
EDUCATION	: 24-4-70	- 16.00	- Secretariat

Sincerely yours,

Benjamin Tonna  
 Executive Secretary

In memoriam  
Father LEO VOLKER, wf.  
The first President of Sedos

Father Leo Volker wf died instantly when the car he was in was smashed by another car on the route de Genevre on April 1, 1970. His Vietnamese driver also lost his life.

On that very day, he had accepted a new appointment as director of students in Geneva, without giving up the role of the representative of Sedos in Geneva.

It was a shock to all who knew him. The Geneva papers covered the accident through banner headlines, presenting Fr. Volker as the missionary who lost his life while representing the missionaries.

Father Volker was born in Veghel, the Netherlands, on November 24, 1906. He was ordained in Carthage on June 29, 1932. His first assignment as a White Father was in Tanzania, where he taught at the Major Seminary in Kipalapala. After directing this same Seminary and after serving in Rome as Assistant General, he was elected Superior General of the White Fathers in 1957.

In 1964 he was elected President of Sedos by the co-founders of this missionary group - the Superiors General of the cism, msc, ofm, cap, omi, sma, and svd. The Sedos Secretariat was then located at the White Fathers', on the via Aurelia.

He was really the catalyst of this loose group during those early, free-wheeling days. The way he presided at the meetings, building bridges between the various positions on what the purposes of Sedos should, and should not be, did much to give the group, and the idea behind it, the consistency it now has. His shrewd but kind smile always brought the point of advantages of missionary cooperation home.

He himself contributed generously to the Sedos venture - and not only in terms of time and advice. Through him, the White Fathers offered office space to Sedos, kept its accounts and shouldered its debts and did most of the thousand and one things required by an incipient service.

Father Volker believed in missionary cooperation. This is what prompted him to develop the role of Sedos representative with international organizations in Geneva, when he was no longer Superior General of his Institute, just when he had finally set up a modern office at the Foyer St. Justin, he was called to higher service.

The ways of Providence are inscrutable. A few weeks before, his sterling services to Africa had been formally recognized when the French Government decorated him with the Croix de Commandeur de l'Ordre national de merite. This would have been very useful for his work with inter government agencies in Geneva. But when he seemed to be on the point of beginning to reap what he had sown in this city, the city killed him. But not his spirit. In the Sedos ring, he will be remembered as the man who could so effortlessly approach (and be approached by) anybody on any thing. He had the gift of "communicating". He will be remembered as the man who was not likely to give up the causes he believed in. It is with this spirit of communicability and of commitment to the missionary cause that he inspired the Sedos group in its early days. The 31 Institutes which have embraced the cause are not likely to let that spirit die.

The same spirit enlivened his priestly ministry. He was intuitively accepted as a Priest of God - not just in Catholic circles but among his numerous non Catholic friends in Geneva and elsewhere. He was the Priest of God - with the people of God. One of the testimonials received at the Sedos Secretariat is very eloquent:

"All those who came in contact with him learned to value his balanced judgement and wide knowledge of developing countries and missionary activities. He will sorely be missed by the Christian community in Geneva, and the Catholic group of the International organizations had looked forward to his celebration of the monthly Mass for Peace next week and his subsequent talk on the difficulties and possibilities of dialogue with muslims... Our thoughts go out to you and his colleagues at this time, and please be assured of our prayers for the eternal repose of the soul of this great and noble priest".

With this prayer, we dare to give God speed to our Fr. Volker, hoping that one day at a higher level, we will again have the direct experience of his outgoing arms, his kind smile, his communicability, his (now) definitive commitment to the Mission.

## HEALTH SERVICES

Report of the meeting on "Nutrition in Developing Countries" which was held on March 12, 1970 for SEDOS and non-SEDOS Institutes involved and/or interested in Health Services in the Missions.

The meeting was held from 11 a.m. to 4 p.m. in the headquarters of the Food and Agricultural Organisation in Rome.

The FAO very generously gave facilities, time and speakers. Miss Groothuizen, of the Permanent Observers of the Holy See to FAO, spent much time in helping the members of the Contact Group organize the day. Simultaneous translation from English into French was provided by Sr. Marie-Stephane Cuppen o.s.u. and Sr. Therese of the Canonesses of St. Augustin.

After a group photograph of the 33 participants was taken, the meeting was opened in the Philippine Room. Msgr. Ligutti gave a short opening speech in which he made clear that undernourishment is often bad management of the gifts of God, and how important education is in this matter.

Dr. T.B. Morgan, Nutrition Officer, spoke on the work of the Nutrition Division of FAO and on the relation between Health and Nutrition. He spoke of the many ways in which FAO assists governments in raising the nutritional level of their countries' people. He stressed the importance of providing nutritional foods in the right quantity and quality, as the lack of them not only affects the health of people but also the production and economy of the country at large.

Dr. J. McNaughton, also a Nutrition Officer, spoke on Food and Nutrition Education for Community Workers. The main idea of her talk was to stress how workers can learn to use equipment and to grow foods in different ways, and how to teach people to eat the locally available foods and different ways of preparing it.

Dr. N. Wilkie of the Food Promotion Group spoke on Superamine, a weaning food promoted industrially in Algeria. The FAO, in cooperation with the government, worked for many years on a plan which established commercial production of this product within the country itself. As a result, the mothers of Algeria now have a food available which they can afford, is easy to prepare and is nutritionally rich for their children. Because this has been a success, other governments are asking the help of FAO for similar projects in their countries.

A demonstration was given of the use of audio-visual aids for health education by Miss F. Botts of the Office of General Affairs and Information.

A Plenary Meeting rounded off the day when the speakers joined in a panel discussion to answer the questions put to them by the participants.

All agreed that it was a very worthwhile meeting and are grateful to the FAO for opening up to us the many possibilities present within their own building to gather information so helpful for those who work in developing countries.

Reports of lectures are being included in the Bulletin in English. French translations to follow.

#### List of participants

<u>Names</u>	<u>Congregation</u>	<u>Function</u>
Mo. de la Paloma Alvarez	Jesus-Mary	Secretary
Sr. Thérèse Barnett	scmm-t	Superior General
Sr. Annemaria deVreede	scmm-m	Assistant-General
Sr. Madeleine Dejimeppe	Dames de Marie	General Counsellor
Sr. Elinor Foxwell	fmm	Translator-Secretary
Sr. Pauline Greene	rshn	Assistant-General
Sr. M. Perpetua Hayes	mmn	Local Superior
Sr. Ignace Holtus	osf	Ex. Superior-General
Sr. Marjorie Keenan	rshn	Assistant-General
Sr. Frederika Jacob	snd-n	Nutrition Research
Sr. Michael Keyes	scmm-t	Assistant-General
Sr. Rosemary Lynch	osf	Assistant-General
Sr. Maria Clarice	fmm	Local Assistant
Sr. Marie Carmen Mendia	fmm	Translator
Sr. M. Yvette Mizzi	Marist	General-Counsellor
	Missionary	
Sr. M. Felicity Moody	Jesus-Mary	Secretary
Sr. Maria Pia Parlato	mmn	Doctor
Mo. Felicia Pastoors	osu	Prioress-General
Sr. Fernande Pelletier	scmm-m	Physician
Sr. Mary Melanie Rodrigues	fmm	Doctor
Sr. Bellarmine Romualdez	ssps	General Counsellor
Sr. Genevieve Samson	sa	Assist. Liaison Officer
Sr. Paola Scarsi	Sonsolata	
	Miss. Sisters	Delegate
Sr. Francoise Schellemans	scmm-t	Assistant-General
Sr. Marie Chantal Schweitzer	snd-n	General Counsellor
Sr. M. de P. Ramos Severino	fmm	Translator
Sr. Elza Soetens	icm	General Counsellor
Sr. M. Peter Thompson	Marist Miss.	General Counsellor
Sr. Marie-Jose vanDun	osu	Assistant-General
Sr. Maria Vitali	fmm	Bursar
Sr. Josealda Wondler	ssps	Superior -Clinica Villa Stuart.

Also present were: Miss Groothuizen of the Permanent Observers of the Holy See to FAO; Miss Capes from the SEDOS Secretariat.

HEALTH SERVICES

FAO Meeting, 12 March, 1970.

NUTRITION EDUCATION IN DEVELOPING COUNTRIES

BY

P.L.H. Davey and Jean W. McNaughton

Presented at the VIIIth International Congress of Nutrition  
Prague, 4 September, 1969

The results of nutrition education in developing countries have often appeared disappointing. The purpose of this paper is to try and examine some of the reasons for this.

The objectives of nutrition education are to improve nutritional status, to show how a family can be fed adequately at lower cost, and to orient demand for food in line with government food production policy. Those objectives can be achieved through an educational programme aimed at producing changes in food consumption. As with any programme designed to produce changes, three stages are necessary. The first stage is an understanding by the population of the change to be induced. The second stage is an acceptance by the population that such a change is desirable and beneficial to them, and the third stage is putting the change into effect. Difficulties may occur at any or all of these stages.

These stages of inducing change should be borne in mind when measuring the possibilities of nutrition education achieving its objectives. Three aspects of nutrition education will now be considered and their relation to these stages will be included.

The first aspect involves the decision by those responsible for the education as to what is to be taught. In the case of nutrition this should be (although by no means always is) directly related to the food and nutritional problems of the country and the possibilities of affecting improvement within the food production, distribution and marketing systems.

Such decisions involve a close consideration not only of the present situation in the country, but also of projections of food production and purchasing power in the future, and of the acceptability of different types of food. The decision on what is to be taught cannot therefore be made by the educationist and/or the nutritionist alone. The agriculturist and the economist must play a full part in these decisions. In the course of such consultations both the agriculturists and the

economists will probably point out that trying to increase consumption of certain foods is likely to be ineffective either because production could not keep pace with increased demand, or because increased demand would not be possible within probably individual purchasing power. This is quite likely to be the case with animal foods, and it will be necessary for the nutritionist and educationist to take such reasoning fully into account in planning a nutrition education programme.

There will be, of course, some countries where the agriculturist and the economist will wish to see increased demand for some animal foods, but in others they may point out that production possibilities are such that any considerable increase in demand will only result in higher prices which will in turn lower demand.

These considerations are especially relevant to the second and the third stages of change described above. In other words, ordinary people are unlikely to accept changes which even a limited experience tells them are not feasible.

The second aspect to be considered concerns the content of the nutrition education apart from what has been discussed above. Much of the nutrition education which is given in developing countries starts from the assumption that some basic facts of the science of nutrition must be included. The reasoning behind this is that an understanding of the reasons for suggested changes in food consumption will act as a motivation in producing such changes. This assumption is queried particularly in respect of illiterate populations but also, although to a lesser extent, insofar as people with varying degrees of education are concerned. Whilst in general terms an understanding of the reasons for making a change is a good motivation, in respect of food consumption and food habits many other factors are involved. Acceptability of some foods and non-acceptability of others, seems to become built-in at an early age. Readiness to try new foods is least apparent in the uneducated, and where it is shown appears to be motivated at least as much by the emotions e.g. prestige, as by reason.

Furthermore, a general experience of teaching illiterate populations is that their capacity for absorption of new facts and new ideas is relatively small. Hence nutrition education campaigns which include both elements of nutrition science and a number of suggested changes in food habits are likely not to be absorbed and understood. In other words blockage occurs at the first stage of inducing change mentioned above.

The answer to this problem is firstly to consider carefully how much, if any at all, of nutrition science should be included in a nutrition education campaign for illiterate populations. When dealing with school-children and students there is no doubt that some nutrition science can and should be introduced. But when dealing with illiterates the assumption that is necessary should be called into question.

Equally, as far as the content of the nutrition education is concerned, the number of changes in food consumption which are suggested must be kept to the minimum and should be kept very simple. The changes suggested must, of course, be related directly to improving the deficiencies in the diet.

In most parts of the world, it will probably be necessary to simplify these changes much more than has been done in the past if success is to be achieved. For example, there are some parts of the world where the main nutrition problems would be overcome if nutrition education concentrated on the need for a third meal a day for all children, irrespective of what foods that meal contained, i.e. considerable improvement could be achieved if the children simply ate more of all the usual diet without changes in the foods making up the diet. It is not suggested that an approach of this sort would solve all the nutrition problems. But, it is suggested that it might produce some improvement in the major problems in a much shorter time than the present nutrition education programmes appear to do.

The third aspect concerns the methods of nutrition education. It is probably true to say that up to the present time these have been essentially didactic. Such an approach is closely linked with including teaching of nutrition science as outlined above. Again, such an approach may produce blockages in the first and second stages of inducing change.

Studies by sociologists and psychologists have documented the fact that changes in food consumption do not result purely from rational consideration. Emotions and cultural patterns play a very important part. Any programme aimed at producing change must take account of these socio-cultural factors. It must also take advantage of the information provided by behavioural research as to the factors that motivate people to change their habits, and the methods of communication most likely to be successful in a given situation. People working in the field of food promotion appear to have been much more aware of the importance of psychology in relation to motivation than do most nutrition educators. Their programmes which are closely linked to the methods used in advertising usually appeal to the emotions in order to induce change.

An additional reason for the disappointing results of nutrition education programmes is the scarcity of personnel and the means at their disposal (funds, transport, audio-visual equipment) for planning and implementing any campaign.

Nutrition education programmes need to pay more attention to communication techniques, particularly in relation to perception and comprehension by illiterates, and to motivation. It is recognized that, if the methods of education in nutrition are to include an emotional approach, two considerations must be taken into account. The first of these is an ethical one and requires



an assurance that these methods will not be used to promote demand for foods which will have little or no nutritional benefit. The second point to bear in mind is that whilst changes may be induced more easily by food promotion methods, such changes may possibly be more transitory, i.e. they are more subject to further, and possibly undesirable changes. With these provisions, however, it is felt that the introduction of the techniques used in food promotion into nutrition education campaigns would be well worth a trial.

It follows from what has been said above that nutrition education programmes must be tailored to fit each target group. Therefore, this may call for several different approaches in one country, within the overall framework of the food and nutrition policy that has been agreed on between the agriculturists, economists and nutrition educators. A programme must be planned for each level of experience and education, e.g. illiterate or newly literate mothers in rural villages, schoolchildren, students in teacher-training colleges, or urban adults. Each of these programmes will need to have a different format and may use different communication techniques. The programme for schoolchildren and older students will provide information on nutrition science while the village extension programme may concentrate on motivating the villagers to introduce one or two improved food practices that will fit into the traditional cultural pattern.

In order to implement these programmes there will be a need in some cases to re-orient the training given to professional staff and auxiliaries.

The potential contribution of nutrition education to economic development has been overlooked. Not only can it contribute to economic development by influencing food habits so that the workers are better fed, and therefore healthier and more efficient, it can also increase consumer demand for those foods which, as well as being nutritionally valuable, are also designated for increased production within the agricultural and economic development plans. The fulfillment of plans for food production depends not only on satisfactory production increases but also on corresponding increases in consumer demand.

HEALTH SERVICES

FAO, March 12, 1970

"Introduction to the Work of the Nutrition Division of FAO and the Relation between Health and Nutrition."

Dr. T.B. Morgan

Obviously during the brief time available it is not possible to go into many details in terms of concrete programs and so forth. What I should like to do is to concentrate on the overall program of work of the Nutrition Division and what it is doing, or attempting to do, to raise food and nutrition levels in the world. Following the establishment of the League of Nations after the First World War, there was an attempt at an international level to do something about raising standards of food and nutrition throughout the world. However, that body, the League of Nations, ceased to be able to do anything about it for various reasons. During the middle 1930's and before the Second World War was over, a number of countries got together at the instigation of the late President Roosevelt at a meeting at Hot Springs in the States to investigate and discuss the means whereby international assistance could be given to the war ravaged Europe when the war ceased. Following this initiative, a little later at Quebec in Canada the Food and Agricultural Organization was formally constituted, and in the Preamble to the Constitution of FAO, it is stated quite specifically that its main objective was to raise food and nutrition levels in the world through increasing the production and consumption of nutritionally desirable foods. For a while the Nutrition Division was mainly concerned with providing food, foods like dried skim milk to school children, to undernourished people in a number of European countries. It was sometime before it could commence the very much larger program of work that is now assigned to us through the succeeding conference that FAO holds every two years. The Division is expanding. We deal now with subjects that were of no interest to most of the world twenty years ago. However, I think that it would be useful right at the beginning of this talk to differentiate what we do from that which is undertaken by our sister-organization, the World Health Organization.

Now the World Health Organization, or WHO, is obviously also very closely interested in nutrition. However, they are mainly concerned with defining the parameters, if you like, of the nutritional insufficiency, of the incidence of disease as such and the treatment of disease. That is to say: they would be interested in undertaking clinical surveys to determine the

extent of nutritional insufficiency and, also, of providing the means whereby the patients can be treated: through pills, through injections of this or that, or the provision of a particular type of foodstuff. Our interests are rather wider: from the whole question of policies and planning with the government ( I have just come back now from India, where we have been very closely involved in drawing up a Food and Nutrition Policy for a government for the next 5-year planning period a country of 534 million people at the moment, which will be a thousand million in number by 1992 - a large task). Obviously, there are various limitations upon what we can do, but we have to integrate our knowledge, just as Monsignor Ligutti was telling us a few minutes ago, between what is nutritionally expedient and desirable and what is economically possible on the part of the government. Now we've had to do this through-out our experience, not only in terms of specific projects, but in terms of overall policy. What does one do with a country like India, for example if the calories or the protein supplies that are available are just insufficient for the needs of the people. We have a lot of problems. The problems are going to get greater, much much greater. Let me give you this, perhaps just as an example. What is happening in so many parts of the world: in Brazil, Nigeria and various other regions where the population growth is becoming rather too much of a strain on the resources of the country. If the population of India doubles during the next few decades, which it must do, then in order to maintain the present far from adequate levels of nutrition, either we must double the gross cultivable area, or we must double the yields per acre; and I want to stress that that is only to maintain the present far from adequate levels of food and nutrition. Now the former, that is doubling the area of cultivation is quite impossible, the latter, doubling the yields per acre is perhaps possible, but with enormous investment in things like new and better varieties of food crops, irrigations. A country is often dependent, for example, on the somewhat quixotic arrival of the monsoon--nobody is sure that it will come at the right time, or come at all at times; or the exigencies in terms of weather that the rural farmer and peasant (which constitutes 85% of the population) has to depend upon for his livelihood. In this regard, it is also of interest to note that various Catholic bodies in India and in other parts of the world too, I know, but especially in India, have been doing so much to help, not only in terms of emergency feeding programs, but in the long term aspects of providing pumps for irrigation wells, for example, so that the farmer is not completely dependent upon the arrival of the rains at the right time. It is also of interest to know that in India, and this is something that I'm sure could be undertaken in so many other countries, there are so many bodies in India that are concerned on humanitarian grounds to help relieve the food and nutrition problems: OXFAM, CASA, Methodist Overseas Missions, Catholic Relief Services, and hundreds of other small bodies. Freedom From Hunger Campaign projects between two cities, and so on. It is quite impossible for all these bodies and institutional frameworks, if you like to establish an infra structure in India to deal with the distribution of pills, of foods, of tractors, or whatever.

So they all got together and they decided, that they would pool their resources under the aegis of a new title called ACPRO, Action for Raising Food Production in India, so that the Catholic services do not have to duplicate what is available under U.S.A.I.D. You see, we have the ridiculous procedure of surplus grain coming from the States under a number of different headings. It might have come from the same source, but all sorts of intermediary steps from the shipping of it, the handling of it at the docks, the distribution into States, the difficulties of food transportation in India all of these, even down to the village level, and the family level, and even to the person within the family who needed this, had to be dealt with by a whole range of subsidairies. Now all of these organizations just couldn't afford to have such facilities available in terms of personnel, equipment, and so forth; so we pooled the resources of all of these organizations, not only giving this enormous economic benefit to the organizations themselves, but also to the recipients of this form of assistance.

Well, to come back to the FAO Nutrition Division rather more specifically... I will describe the Nutrition Division's work in terms of four subject matter areas. First of all, apart from the office of Director which deals with policy, procedures, planning, and the high level sort of discussions and consultations that take place with governments, we have four somewhat different areas of work. First of all, there is our work in Food Planning and Policies. That is to say, we advise government upon what we think the government priorities should be. However, in saying this, I must stress that we are, as it were, international civil servants. We cannot dictate. We can make recommendations, and it is up to the member governments to decide whether they are appropriate to their goals, social and economic, as well as political perhaps. In addition to these policy aspects, if you like, as part of it, -- we hold many meetings to discuss, for example, things like nutritional requirements. How much calcium should the people in the Philippines have per day? How much protein should the Argentines have per day? And so on. We discuss these with experts and specialists from a number of developed, as well as developing countries so that we can advise governments as to what they should aim at. In the past, there has been a tendency for many developing countries to take standards that have been laid down by very developed and sophisticated economies such as the United States, or France, or the United Kingdom, and their targets are hopelessly inadequate, if you like, in terms of the economics of the country. Now you may well say: "Well, why shouldn't they take the highest and best standards that pertain?" They cannot because the resources available to them are just insufficient. A survey just undertaken in India shows that the per capita income of the people is 28.4 Rupees per head per month. That's less than a Rupee, less than an English shilling, about 90 lire per day. This is the national average, but if you look at the distribution curve in the statistical sense, an awful lot of people--well, about 2%,-- are earning over half the money available, so that the real per capita income is something like 40 to 50 lire per day.

Now think of that when one talks of weaning foods, of dry skimmed milk, and other foodstuffs that we know are nutritionally desirable, but which have become completely unrealistic in terms of the economy and the purchasing power of people. Well in addition, the Food Consumption and Planning Branch deals with various aspects concerning food standards: how much of this--this is a very academic, somewhat abstract type of undertaking within our work, for example, with Codex Alimentarius through which we advise various governments as to what substances can be included in foodstuffs and at what level,--the level of a preservative, shall we say, or what in chemical terms is called an anti-oxidant that can be added to this or that product. What is the safety toxicity involved? We do a great deal of advisory work to governments concerning this type of science. In addition, the Food Consumption and Planning Branch is responsible for a very important aspect of our work, and that is assessing the intakes or the availability of food for the individual through making and calculating what we call Food Balance Sheets. It's easy enough for us to make calculations in spite of the absence of accurate statistics quite often on what is available to the individual in the country, by taking the production figures, making an allowance for what is exported, what is used for seed for next year, what is not useable, and so on, until we can come down to the point by dividing what is available by the numbers of the population, and taking into account the numbers of the population in different age groups, we can arrive at a figure which shows how many calories are available or grams of protein, and so on, so that the policy makers know in what direction they should re-orientate their policy to try and improve the food and nutrition situation. That very roughly and briefly sums up the work in that particular area.

Next we have a very large program in what we call Applied Nutrition.

The concept of applied nutrition arose during the late 1950's, following what had hitherto been called Expanded Programs of Nutrition. It became obvious to us that the raising of food and nutrition levels in the world could not be brought about by the distribution of pills, of food on a short-time basis. So often such distribution merely exacerbates the problem. I know the work of various Catholic bodies, for example in Nigeria recently--now this is a different thing, this is an emergency, and of course such activities will have to go on. However, in that particular instance,--as many of you, I'm sure, will know--we can only obey the requests of member nations. We cannot say that: "Yes, we must provide food to this people, or that people." We have to be requested so to do by that body that represents the country in the forum of international bodies. We do a great deal of this work, and will have to continue doing it in times of famine, of disaster, and so on; but even now, through our World Food Program activities, we aren't able to give assistance to governments for most, if you like, non-nutritional purposes. If, for example, a government wishes to build a dam, and if we know that in the long term this dam will do a great deal to raise food and nutrition levels through the water made available which can be used for the irrigation of crops, we will help to provide food for the building the dam; or, for University students taking a course that will bring about an increase in the numbers of people with a particular type of

expertise who can eventually help to solve the food and nutritional problems in any area, or in the nation as a whole. Well, Applied Nutrition Programs are programs that are essentially concerned with nutrition education, with improving food habits, of orientating them in such a manner that they will lead to an increase in the knowledge about food and in the raising of the food nutritional status of individuals, and particularly of mothers and children. They are essentially practical in nature in that, for example, they include elements such as horticulture, poultry, fish culture, both inland and coastal. Various schemes, usually organized in conjunction with UNICEF, and most frequently also with WHO -- we arrange these programs which include factors such as training of personnel, in-service training courses, for Community Development workers, and so on, which we have been able to show, have in some instances had dramatic results in raising food and nutrition levels. Sometimes a country is not aware of the potential, for example, that fish could contribute to the diet. Fish were not available. Through providing fingerlings, small fish and helping in the distribution and marketing, we have been able to establish small scale fishing industries, or poultry production centers. I'm sorry that I keep taking India as my example, but I'm sure you will understand this, just having come back from there--that the per capita availability of eggs in India is 6.8 per head per year--availability, not consumption. Now I usually have two for breakfast. So do my wife and three children. I can afford it. They cost 40 paisa each. There are 100 paisa in a Rupee. It's almost half a rupee for one egg, and most people don't earn--over 55% of the population, don't earn a rupee a day. Can they afford to consume an egg? Is it not better for them to sell the egg for 40 paisa and buy the food that they can afford to consume in spite of the fact that they might have a slightly inferior nutritional quality? These are the things that we are up against, and we cannot delude ourselves into thinking in terms of projects and programs that are not sustainable in the long term without international assistance in the light of the economic resources available to the people themselves. Mr. Wilkie will be talking later this morning concerning some of the activities of Food Promotion, of the manner in which we have been attempting to assist governments in the development of low cost protein rich foods, which is another responsibility of Applied Nutrition. In addition--Applied Nutrition we use for the training of personnel. We have been awarding fellowships in the field of Nutrition for people from developing countries to attend courses and be trained in those sorts of techniques and the form of knowledge that the country needs in order to further, or more properly assess the degree of the food and nutrition deficit in the country, and through the training that they receive, can implement programs for raising food and nutrition levels on their return to their countries.

Thirdly, we do a great deal of work in the area of Food Science. Countries frequently seek advice from us as to the knowledge that is available on a particular variety or type of food processing in order that they may consider the introduction of projects from processing to a knowledge of food composition. Many people in developing countries do not have information on the composition of foods available in the country itself, and we help them by getting them analyzed and letting them know; through up-to-date and sophisticated analytical techniques we can help them to test them, or give them the information that they want about their own crops.

Lastly, and perhaps most importantly of all (at least as far as you are concerned), is our Home Economics Branch which is concerned mainly with the home and those aspects of home economics and community work, including extension, that can help raise the general standards of living, especially of rural peoples. Now, after a lot of difficulty, the Conference has approved a new policy in the Home Economics Branch concerned with family planning and better living. Now this program which is very wide in nature, ranging from increased cleanliness in the home, better facilities or improved facilities for washing care of the children, of the family in general, includes in its working,-- which might sound rather strange, but we regard it as extremely important,-- and that is, dealing with the techniques of community concerning family planning. Now it's not our responsibility to deal with any of the clinical aspects of family planning in any sense, but merely in the sense that it effects the total living. A computerized study has shown that a couple has to bear 6.8 children in order to be sure that one male child is still living when the male parent attains the age of 60, a rather complicated statistic, but a revealing one: 6.8 children, to be sure that one male child is alive when the male parent attains the age of 60.

Now in the absence of any national insurance program or pensions for the elder, this is a highly important statistic. But increasing nutritional work, raising standards of health, the eradication of things like yellow fever, yaws, and various other diseases means that the mortality rates are continually being reduced. However, the numbers of live births are not, and hence it is that the increases in population in so many developing countries are now at almost a geometric rate. We are very concerned about this, and I am aghast at the idea of India having a thousand million people within the next 20 or so year. It is a staggering thought. If you only knew--and some of you must, I'm sure,-- the manner in which these people have to live at the moment: when you cannot walk on the pavements in Calcutta after seven o'clock--not that it's unsafe, but there's no room to put your foot because of people sleeping there; people queuing up for their morning ablution at a little burst pipe in the middle of a pavement. It's simply wrong, criminal that people have to live like this. And when you go into the nutritional aspects of how many calories or how much protein they can eat, well it's no wonder why they suffer from disease. I've described very briefly,--and I do crave your indulgence for having been so bitty, if you like, about what I have had to say,-- the work of the Nutrition Division of the FAO. I will have to move on very rapidly to the second part of my talk:

Nutrition and Health: Well, it's quite obvious, but low and inadequate levels of nutrition must have their effect upon health. If we look at this in the general terms, we know that, for example, persistent under-nutrition not only affects things like growth, height, weights of school children. The Japanese, if fed a higher protein diet, grow just as strong as anybody else, and they're not just through genetical factors merely a small race. However, what has become much more alarming in recent years are the discoveries that malnutrition and under-nutrition in the very early ages of life, and even in the fetal stages of life before the child is born,

can lead to irreversible mental changes so that the brain never attains its full potential. This work started off mainly with experimental animals (about 15 years ago), but we now know through I.Q. tests and all sorts of other investigations that children fed a diet deficient in protein in their very early stages, especially the first six months of life, are irreversibly mentally damaged. This is a staggering thought, isn't it? The poor child has no control over this. It may be due to a variety of factors: Insufficiency of breast milk, unavailability of a decent source of protein in the weaning age; but this is again a criminal thing that the poor child has no alternative, or cannot do anything about it. Now Nutrition and Health: This is a fundamental that starts very early. We know and have known for many years of the specific effects of deficiency of individual nutrition on the health and well being of an individual. For example, if you do not have enough vitamin A in your diet, you will very soon go blind, and there are over 10 million such subjects in India today, blind through Vitamin A deficiency. If we do not have enough Vitamin B1, we suffer from a disease called beriberi which manifests itself in a variety of ways, including polyneuritis, muscular incoordination, deficiencies in nervous transmission and, also, in thinking. It may be wet or dry beriberi, depending on whether it's accompanied by an edema or not. If a child is deficient in Vitamin D, then you get Rickets, develop various skeletal abnormalities, specially in the peripheries and epiphysis of the bones. We know that through a whole of nutrition deficiencies, varying from iron to iodine (if you like), can manifest themselves in very abnormal states. Thus a deficiency of iron in the diet produces anemia, and a lassitude in general health. I would urge you to consider some of these nutritional deficiencies, not only in terms of the specific clinical syndrome which results, but also in the wider sense of normal efficiency: Anemia, for example, which you can measure very easily with a blood sample; or, for example, iodine, lack of which causes goiter. But it isn't just that you get a big neck. Iodine happens to be a member, or an integral part of an essential hormone. Now, if we don't have enough iodine in our diet, the thyroid gland gets bigger in order to try and make more of this hormone; but the effect on the individual is much dramatic. He has no energy. His basic metabolic rate is rapidly reduced and he cannot work at the efficiency at which he could if he had the iodine in his diet. So it isn't just the effect of the clinical syndrome, so to speak, but the effect on the living standards of the man, of his tiredness, of his lassitudiness, of his lack of interest, his general apathy in life. Some of you will, I'm sure, have seen children suffering from this dreadful protein-calorie deficiency disease called kwashiorkor. The look of apathy, of miserableness on the child's face is enough to tell you at once, without doing blood levels, levels of protein, etc., that this child is just miserable, hating life. And again--these things are so often criminal when mankind has at his disposal the means whereby not only to treat these cases, but to prevent them occurring at all. Protein calorie deficiencies in human beings of all ages, but especially in the children where these diseases like marasmus and kwashiorkor occur



with a very high mortality rate, can and should be avoided; and this is a question essentially of improving the quality, and sometimes the quantity of food available to the young infant. We in FAO have published a little booklet called "Nutrition and Working Efficiency" which I would commend to your attention if you wanted more details about this general aspect of the ability of a person, if you like, to work, to do things, to think, to be a part of the society, which so often malnourished people cannot be. We have in India 45 million cases of goiter, and in a little exercise I undertook 4 or 5 months ago with an Indian statistician, we worked out the approximate cost to the nation of iodine deficiency, not only in terms of the inefficiency of work of these people. And this worked out to be much more than the total cost of the medical services that existed in terms of the economy of the nation. Similar studies are now going on in India, for example, on Vitamin A deficiency,--- not only on cost of treatment, hospitalization, and man hours lost, but also on the ability of the individual to contribute to society. These sorts of studies really show the extent to which nutrition can hamper the economic and social development of a nation resulting from malnutrition.

French translation will follow in later bulletin.

CONTACT GROUP FOR THE HEALTH SERVICES

Report of the meeting of the above group which took place at the SEDOS Secretariat on 24th March, 1970 at 4 p.m.

The following members were present:

Sr. Annemarie deVreede scmm-m  
Sr. Marie Duarte fmm  
Sr. Cécile Gonthier sfb  
Sr. Michael Marie Keyes scmm-t  
Sr. Bellarmine Romualdez Ssps  
Sr. G. Samson sa

Present from SEDOS Secretariat : Miss Capes.

The chairman welcomed Sr. Genevieve Samson w.s. as a new member of the group.

1. The minutes of the January 22, 1970 meeting were approved as such.
2. Review of the general meeting of the medical group which was held at FAO headquarters on March 12, 1970:

Participation was good. The presence of several members of Institutes mainly or solely engaged in Educational Apostolate, was seen as a hopeful sign towards the acceptance of the broadened concept of health care: the patient in his environment which includes the educational facilities.

One observation about the program was, that at a next meeting more time should be reserved for discussions.

The report of the meeting with the talk of Dr. Morgan will be published in the April 10 bulletin.

3. The next point discussed was the proposed Medical Symposium. More information was now available, as a meeting was held on 22 February between members of the International Catholic Confederation of Hospitals (ICCH) and SEDOS. The SEDOS General Assembly had in its March 10, 1970 meeting agreed to sponsor such a symposium together with the ICCH, as long as SEDOS will not be responsible for the financial implications. The report of the meeting of Febr. 22 was then discussed and the following observations made:

- the Contact Group will together with the SEDOS Secretariat , be responsible for the logistics of the symposium.
- as the dates of the symposium will be 23-26 November, we should try to link it up with the General Assembly of the U.I.S.G. which will be held at the end of October.

We might ask some delegates from Africa and Asia to stay on for the symposium, or if that would not be possible, we might have to consider to change the dates. It was considered very important by the group to have as many non-Western participants as possible, even if this would involve extra expense.

- The ICCH is responsible for getting the necessary funds to cover the expenses for the symposium. If the ICCH would not be able to secure the funds in time (before the beginning of April) the jointly sponsored symposium would have to be cancelled.  
The Group felt, that we in that case, would try to do something, on a smaller scale, for the beginning of November, as several Superiors General from Africa and Asia will then be in Rome.
  - The invitations are supposed to be sent out in the second half of April. SEDOS is responsible for sending the invitations to the Superiors General in Italy. It was mentioned in this regard, that the secretariat of the U.I.S.G. has information about the medical work of the religious institutes, and that we are welcome to copy this information. It was decided that some should go there to copy all the addresses of institutes engaged in medical works outside of Europe and North America. Srs. Genevieve Samson, Michael Marie Keyes and Annemarie deVreede volunteered to do this on Friday April 3 in the morning.
  - It was mentioned that Educ-International (Education group of men and women) is planning a Seminar on Education, also for November. It was recommended to keep in contact with the organisers as to prevent overlapping regarding dates etc.
  - On June 13, 1970 another meeting with members of the I.C.C.H. will be held here in Rome to discuss further procedures, at which meeting the Contact Group members should be present.
4. The last point was: the terms of reference of the Contact Group. As time was running out, they were not discussed in detail. The main question raised was: what is the "status" of the non-SEDOS members in the group ?  
Would it be advisable to be closer related with the U.I.S.G.?  
We are through SEDOS itself in contact only with very few Institutes engaged in medical mission work, and we would like to reach as many as possible, on the generalates level.  
It was decided to put this subject as point number one on the agenda for the next Contact Group meeting.
5. The date of the next meeting will be May 11, 1970 at 4 p.m. at the SEDOS Secretariate.

Sr. Annemarie de Vreede.

DEVELOPMENT WORKING GROUP

The Development Working Group met on Friday 3rd April, 1970 at the Christian Brothers' Generalate.

The following were present:

Fr. Michel Dupuich omi, Fr. Vincent Fecher svd,  
Fr. W. Grosskortenhause pa, Bro. Charles Henry Buttner fsc,  
Sr. Colette Humbert fmm, Fr. Arthur McCormack mhm,  
Bro. Thomas More cfx, Sr. Marjorie Keenan rscm,  
Sr. Michael Marie Keyes scmm-t, Sr. Maryann Panevska scmm-m,  
Sr. Genevieve Samson sa, Fr. John Schotte cicm,  
Sr. Marie Chantal Schweitzer snd-n, Fr. Albert Bundervoet msc,  
Fr. V. Gaudet omi.

From the SEDOS Secretariat were present: Miss Capes and  
Miss Fernandez.

1) INTERNATIONAL STANDING CONFERENCE ON NON-PROFIT SERVICES

- a) After some discussion the WG agreed that it would be good for SEDOS to be a member for about one year to have the opportunity of 1) obtaining information-consultation services 2) participation in training courses 3) participation in Conferences etc and 4) receipt of written documentation.
- b) It was ascertained that none of the SEDOS members are members of this Conference, as far as known by those present at the WGD meeting.

(Note: Latest information: OMI is now a member)

- c) The Conference plans to offer courses of formation of fund-raisers. If SEDOS became a member, which would cost an annual subscription of \$24, then SEDOS Institutes could send members through SEDOS to undergo a course. The teaching would be free, living expenses would be borne by the participants.

Likewise, SEDOS can send members to any Conference, Seminars etc.

- d) The WGD recommends to the Executive Committee that SEDOS become a member of this Conference.

2) CREDIT UNION SEMINAR

Since Fr. van Dries has not yet come to Rome there was no further development to report. Latest development Fr. van den Dries will be in Rome May 28 and 29.

3) FAO TASK FORCE

- a) Recommendation to the Executive Committee from the WGD meeting of March 3rd is still awaiting a reply.
- b) It was reported that since the last WGD meeting, the Women's IUSG has been contacted and they have agreed that it would be worth while to have a women's counterpart liaison, and they will take the formal steps necessary to establish this liaison.
- c) Two working papers submitted by Fr. John Schotte with suggestions for carrying out the details for drawing up information lists and arranging briefing sessions, were reviewed, and the WGD agreed that these details will be discussed by the WGD FAO Task Force as soon as and if the Executive Committee decides that the SEDOS WGD take on this project.

4) MISEREOR - PERSONNEL DEVELOPMENT PROGRAMME

- a) A written report of the meeting held in Aachen between Bro. V. Gottwald and MISEREOR on March 18th was distributed in advance to the WGD. This report indicates that the aim of the programme is a training of HIGH QUALITY EXPERTS - not "Generalists". In view of this it is necessary to correct the information SEI IS gave in 70/123 and a draft revision was presented to the meeting and approved with some modification. This will be finalized by a sub-committee and published soon in the SEDOS Bulletin. The covering letter will be included together with a supply of copies in French and English for the Generalates' convenience in distribution.
- b) It was reported that Br. V. Gottwald, Director of the MISEREOR-SEDOS Personnel Development Programme, is absent from Rome until July and he has informed MISEREOR that Fr. John Schotte will replace him in his absence.
- c) There was some discussion of the need for improved communications and publicity, particularly concerning major SEDOS activities such as the MISEREOR-SEDOS Personnel Development Programme, the Credit Union Seminar etc. It was agreed that the Chairman and Vice-Chairmen of this WGD ask the Chairman and Vice-Chairmen of the Social Communications WGD to meet informally to discuss ways of achieving more comprehensive, well organized and professional publicity and whether this might be handled by the Social Communications WG.

It was felt that there is a great need for distribution of general background information on what SEDOS is and does, since many of the SEDOS institute members in the field have a very vague notion of this. It is difficult to ask members to cooperate in the field until they have an adequate understanding of the purpose of SEDOS.

5) WGD TASK GROUPS

It was agreed that between the general WGD meetings all matters referred to the WGD will be handed over to the Task Groups as follows:

Relations with Justice + Peace,  
Sodopax, Promocion Humana:

Sr. Therese M. Barnett scmm-t  
Fr. Vincent Fecher svd  
Sr. Maria de Lourdes Machado rscm  
Fr. Arthur McCormack mhm  
Rev. John Schotte cism

Relations with FAO

Sr. Thérèse M. Barnett scmm-t  
Rev. Ed. Biggane sma  
Br. Harold Boyle cfx  
Fr. Vincent Fecher svd  
Fr. Arthur McCormack mhm  
Sr. Genevieve Samson sa  
Rev. John Schotte cism

Credit Union Seminar

Sr. Thérèse M. Barnett scmm-t  
Br. Harold Boyle cfx  
Fr. Alfred Hubenig omi  
Fr. Valérien Gaudet omi  
Sr. Maryann Panevska scmm-m

Relations with Aid-  
Funding Agencies

Fr. Albert Bundervoet msc  
Fr. Vincent Fecher svd  
Rev. John Schotte cism  
Bro V. Gottwald fsc

These Task Groups will then do the planning and details needed and give a brief written summary of the situation to the WGD members one week before each general meeting.

- 6) At the close of the business of the WGD, Sr. Colette Humbert fmm who had come from Paris to present a project to the group, gave us a description of the INODEP project, for setting up a formation centre for missionaries in Paris. Copies of a draft of a run-down on the project in both English and French were circulated to each member of the WGD. The group advised Sr. Colette to now officially present the project by letter to the President of SEDOS when it will be put in front of the Executive Committee for decision on whether SEDOS becomes a member of the Administrative Council.

It was agreed by the group that they would meet regularly on the Friday following the 15th of each month, and that the next meeting should take place on 22nd May, 1970 at 4 p.m. at the Generalate of cism.