

to make a relatively complete protein which approximates the amino-acid content of meat. The problem is that not only must the elements be consumed together, but a variety of such foods must be available. This is not the case in most Third World countries, and studies on response to immunization in children show that children with a high proportion of animal protein in their diet produce better antibodies than those who consume a high proportion of vegetable protein, even though the total protein intake is the same. In addition nuts and beans, which are major sources of vegetable protein, can become heavily contaminated with aflatoxins, the most potent carcinogens known.

Pritikin contends, along with certain World Bank types, that protein deficiency is in fact just calorie deficiency, and additional caloric intake will cure the condition. But the fact is that kwashiorkor, a grave affliction in Africa, is a protein deficiency and responds to protein supplementation, especially milk powder, and does not respond to simple caloric increase of protein deficient foods such as rice or cassava.

While conceding the necessity for enough protein intake to maintain nitrogen balance, Pritikin contends that anything exceeding that is positively harmful. The problem is that the amount of protein requirement is significantly increased under certain circumstances, including the vigorous exercise he recommends. Studies have indicated selective depletion of leucine, an amino acid most easily obtainable from meat, in persons performing vigorous exercise. Leucine also plays a key role in the body's tissue immune system. This accounts for the immune suppression commonly observed in manually laboring populations of the Third World.

The cult of deprivation

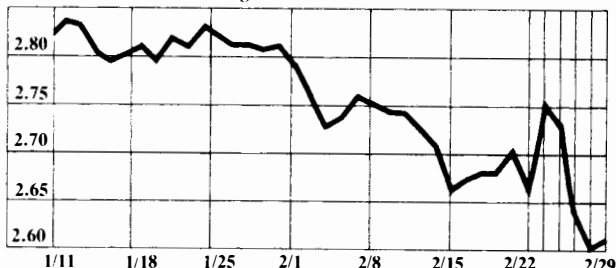
Pritikin's diet, along with the general promotion of vegetarianism, "natural foods," and sundry attacks on food preservatives, is preparing the cultural conditions for acceptance of a reduction in the quality of the U.S. diet as a consequence of policies which are undercutting the U.S. meat and dairy industry and destroying grain production as well. The consequences of these policies will be more palatable to a population which has been conditioned to believe that a lower-quality diet is in fact healthier. A most effective way to do this is to create a cult which promotes deprivation as a positive value.

Guyana in 1979 banned the import of milk, supposedly in the "national interest," but actually in compliance with IMF loan conditionalities that called for cutting imports to have more cash available for loan repayments. Last year, the United States, along with the IMF, took the additional health-producing step of cutting off the remainder of Guyana's food imports. It is predictable that the incidence of heart disease may decrease as the population succumbs to starvation and infectious disease. However, when one reads about the decreased incidence of arterosclerosis found at autopsy in concentration camp victims, it is useful to remember what condition they were in when the observation was made.

Currency Rates

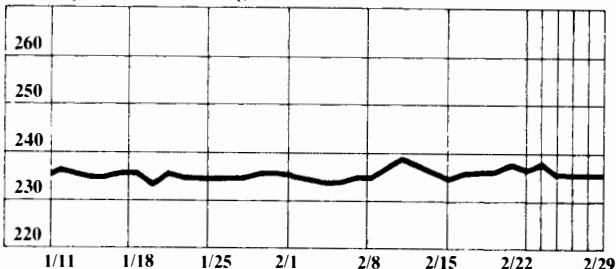
The dollar in deutschemarks

New York late afternoon fixing



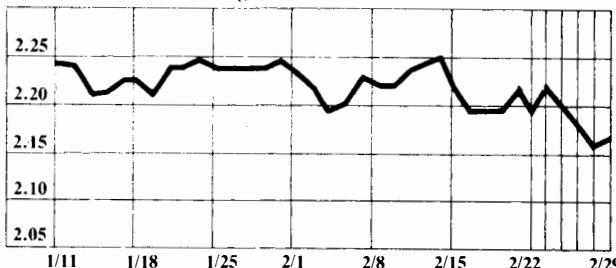
The dollar in yen

New York late afternoon fixing



The dollar in Swiss francs

New York late afternoon fixing



The British pound in dollars

New York late afternoon fixing

