Hospitals giving up their kitchens, serve patients ready-made foods

by Louise Heirlksen

Instant meals — consisting of freeze-dried, frozen, or refrigerated foods prepackaged and ready to serve with minimal effort — are replacing the conventional system of food preparation in many American hospitals, according to a Loma Linda University dietitian who periodically surveys the field.

Kathleen K. Zolber, PhD, associate professor of nutrition, observes that a large number of restaurants and restaurant chains are also abandoning cookery and buying ready-made menu items to serve to their patrons.

Two trends of keeping a corps of kitchen workers busy all day preparing and cooking a variety of dishes, many hospitals and restaurants have found it simpler to buy the convenience foods that can be popped into microwave ovens and made ready in seconds.

That the new food service system saves labor and therefore reduces labor costs, Dr. Zolber said in discussing her report yesterday, is not the only reason so many American hospitals are converting to it. The convenience foods come in portioned amounts and make it possible to serve a tighter portion control, equally important in controlling costs.

Many items — deserts, salads, and entrees — come individually served in plastic or paper disposable plates and bowls, and may be eaten with disposable flatware, thereby eliminating dishwashing and avoiding other sanitation problems for hospitals.

Two hospitals which have adopted the system have installed a microwave oven near each beds in the Los Angeles area which adopted the convenience-food system some time ago, Dr. Zolber compared the labor time per meal devoted to serving the assembly-line menus with the time required in other hospitals using the traditional system. Her report, published in the current (January) issue of the Journal of the American Dietetic Association, indicates that two of the hospitals saved labor time; the third did not. Its kitchen staff remained too large to offset the extra cost of the already prepared food.

University professor predicts political trends of 1970

"What's Ahead in 1970,‖ the fourth Loma Linda University Artial and Lecture Series program, will be presented by Alison L. Baker, PhD, professor of political science.

Dr. Baker's forecast of trends and developments for the nation and the world in the next year is scheduled for Saturday night, January 17, at 8 p.m. in Burden Hall, Loma Linda campus.

He recently completed a trip which took him to Rome (for the third time), Hungary, Czechoslovakia, Germany, Libya, Tunisia, Egypt, Jordan, and Israel.

It was his fifth trip to Israel where he was guest of the government for two weeks.

Dr. Baker has also been active in American affairs for more than 40 years. He was appointed to government commissions by Presidents Hoover and Truman, has served as president of chambers of commerce and a Rotary Club, and as commander of the American Legion Post.

In addition to being on the faculty of Loma Linda University, Dr. Baker is professor emeritus at the University of the Pacific, Stockton. He earned his Doctor of Philosophy degree in political science and international relations from the University of Southern California, Los Angeles, in 1944.

Students will be admitted free upon presentation of a University identification card or a University Artial and Lecture Series season pass. Individual tickets will also be sold at the door for $1 per person.

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$1 million expedition planned to recover Noah's ark timbers

 Plans for a one million dollar expedition to recover timbers believed to be the remains of Noah’s Ark from a frozen lake on Mount Ararat, Turkey, were announced last week by a team of scientists and explorers.

Ralph E. Crawford, president of Search Foundation, Incorporated, Washington, D.C., told a news conference in Los Angeles that several pieces of hand-tooled wood, which has been estimated to be more than 4,000 years old, had been found in an ice pack near the 14,000-foot level on the 17,000-foot mountain in northeastern Turkey near the Soviet border.

The expedition is scheduled to set up a base camp this spring and begin studying ways to melt a 4,0-foot glacier covering the finds.

Mr. Crawford said there are no trees on the mountain. He added that the timbers found by an expedition last summer appear to be white oak and there are no white oak trees within several hundred miles of the mountain.

Members of the Ararat operation presented their findings January 3 in the Campus Chapel, Loma Linda, and January 6 on the La Sierra campus.

Fernand Navarra, a French explorer who found the timbers in a deep crevasse, said he is confident they are from the Ark, built by Noah to survive the Biblical flood.

Mr. Navarra, who has been

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Hospital-based helicopter proves worth as ambulance

A five-passenger ambulance helicopter was headquartered at the University Hospital heliport for ten days during the Christmas and New Year's holidays.

In an experiment conducted by Western Helicopters, Incorporated, of Rialto, and University Hospital, a pilot and mechanic were stationed at the hospital during the daylight hours from December 24 to 28 and during the night from December 29 to January 1. The experiment was the California Highway Patrol; the San Bernardino County Sheriff's Department, Redlands Ambulance Service, Redlands; and Courting Ambulance Service, San Bernardino.

During the experiment, the helicopter responded to nine emergency calls, picking up a total of ten accident victims. On each call, a hospital physician accompanied the pilot, co-pilot, and first aid equipment were also installed in the craft. It carried two stretchers for patients.

All the emergency calls were for cur and motorcycle accidents in the San Bernardino Mountains, though an area extending from Ontario to Beaumont and the Riverside County line including the pass to Victorville had access to the services of the helicopter.

The purpose of the experiment, according to Norman H. Meyer, assistant administrator of the University Hospital, was to determine the advantages of using a helicopter equipped with medical personnel.

The experiment was labeled a success by both Mr. Meyer and by representatives of Western Helicopters, Incorporated, who sponsored the experiment.

"The cost in time and money of using a helicopter over an ambulance in emergency situations is well worth the effort,‖ said Dr. Zirkle said that the greatest advantage the helmet-equipped ambulance had over its engineer was its speed in bringing an accident victim to the hospital. The program was the tenth annual Loma Linda University School of Dentistry Alumni-Student Convention scheduled for February 27 to North 5, according to Charles T. Smith, DDS, dean of the school. Attendance of more than 1,200 dentists, dental hygienists, and students of the two professions is expected at the convention.

A dental convention scheduled for last weekend in February

American Dental Association president Harry J. Koesa, DDS, Mill Hill, England, opened the tenth annual Loma Linda University School of Dentistry Alumni-Student Convention scheduled for February 27 to North 5, according to Charles T. Smith, DDS, dean of the school. Attendance of more than 1,200 dentists, dental hygienists, and

LOCAL ISSUE

SUN BERNARDINO RADIO STATION KNO'S Santa Claus presents a University Hospital pediatric unit patient with a Christmas gift. Each year KNO asks its listeners to donate toys for children in inland empire hospitals.

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CHRISTMAS AT UNIVERSITY HOSPITAL created many faces: the face of a man awaiting his ride home for the holidays; the face of a mother reflecting peace; the face of an infant too young to love, but perfect for loving. Photos by Ronald M. Sterling, SN72

Ready-made foods
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nursing station. Each oven takes care of 12 to 20 patients' trays. In some hospitals, refrigerated carts, kept at 40-degree temperature, come up by elevator from the hospital's food assembly department; others keep the trays in refrigerators at the nursing stations. The meals, in disposable or washable plates, have been placed on each patient's tray cold. Frozen or refrigerated foods, are slipped into the microwave ovens. The patient gets his meal at the proper temperature for each dish and in better condition than is possible with most other methods of food service.

The most important reason for the growing acceptance of the convenience foods in hospitals is that skilled kitchen labor for production and even unskilled labor for dishwashing are both scarce, especially for work at night, holidays, and weekends.

Dietitians are nevertheless wondering about the effects of processing on the nutritive values of foods. Dr. Zolber said yesterday, "We don't know whether, after these foods are processed, they will have the same amount of nutrients.

"Some foods (for instance, whipped potatoes) are treated with a solution to keep them from turning brown. Does this affect nutrition? We don't know."

she observed that research would probably answer such questions soon, and that, as examples, after similar studies nutritionists had persuaded the bakery and dairy industries to replace some vitamins lost in the processing of bread and milk.

Hospitals menus are no cause for concern, she said, because a hospital dietitian's chief goal is to serve nutritious and palatable meals that meet the diet prescriptions of individual patients.

Neither do convenience foods in themselves cause nutrition problems: she said, if they depend on how they are combined. A government survey of a few years ago showed food deficiencies in the diets of a large percentage of Americans because of their poor eating habits. Such deficiencies may be aggravated today, now that both home and restaurant meals include so many convenience foods.

Dr. Zolber remarked that since American housewives are not developing the skills required to prepare these foods — to bake breads or cook soups, for instance — they need to develop compensatory habits. She suggested the habit of reading the labels before choosing foods. On the label of every packaged food product, ingredients are listed according to weight; the first items listed are the major ingredients. Products in which sugar or corn syrup, chemical imitators and synthetics are listed at the beginning of the list may be of dubious nutritive value.

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transferring critically ill patients from one hospital to another.

Mr. Meyer expressed satisfaction with the experiment. The hospital has no immediate plans, he said, to purchase a helicopter, "It would be ideal," he stated, "but economically unfeasible at this point."

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"Project: Santa’s Sac(k)"
filled with Christmas spirit

The Social Action Corps (SAC) of Loma Linda spent part of the Christmas holidays helping "fill Santa Claus' Sac," according to Cynthia E. Cooley, director of SAC. SAC, in cooperation with University Hospital social service, gave Christmas presents to over 300 children from 60 families in the area. Names of children and families receiving the gifts were taken from lists provided by the San Bernardino County Dependency Prevention Commission, the hospital social service, and public health nurses in the county.

Several groups, coordinated by SAC, distributed the presents including members of the University Hospital Volunteer Service League, the Women's Club of Loma Linda, the Friends of Youth (FOY), a group of girls from Kate Lindsay Hall, a number of physical therapy students, and

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Alumnus has role in Apollo 12 moon mission

Loma Linda University alumnus Major Stanley Charles Knapp, Jr., SM'62, served as one of the flight surgeons aboard the United States aircraft carrier, USS Hornet, the prime recovery ship of the Apollo 12 flight to the moon mission in November.

Dr. Knapp was assigned as an Apollo range instrumented flight surgeon during the moon mission. He has since returned to his unit at Fort Rucker, Alabama, where he is chief of the flight parachute medical branch.

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Dear Sir:

In the editorial of November 11, the writer wondered why more people were not at the November 11 peace convocation. It is too bad that before he started to write, he did not have access to the contribution of J.D. Chambers which was printed on the same page. There are three reasons why I was not there.

First, any way you slice it, the issue at stake is still political. We can offer a prayer at the beginning and end, but it is still politics in the middle.

Our obligation is to help relieve the suffering of all nations. We have not been commissioned to stamp out war between nations per se. If we get involved in such activities, we make political enemies.

The second reason is that these “peace” demonstrations were initiated by Pink Pied-Pipers. Since I do not know where they are going, I will observe but not participate in their activities. Thus I was involved in doing the job I can to research and teaching. I got involved invoking whenever election time rolls around. I contribute financially to the government every year, I am involved with my family, in whatever way I can, with the talents I have, I get involved in the church.

The third reason is that I could not go because I was already “involved.” I was involved in doing the best job I can, and I must tell the student, teacher, and employee at my University stick to their own tasks.

Milton G. Crane, MD
Research Professor of Medicine

SAC
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A class of neurology students.

The gifts were distributed at parties for underprivileged children or taken to the homes of the families. Money for the project was raised through contributions and gift donations.

The Banc Company, Incorporated, of San Francisco, sent a box of desk sets.

Another phase of the project was the distribution of food boxes to over 100 families in South Colton who are without county welfare aid. Over $200 was raised for this project by the Campus Hill Church, University Church, SAC, and the San Bernardino Seventh-day Adventist Church.

Most families receiving food and vitamin benefits in the SAC project had at least six children. Very few of them were on county welfare lists.

Charles W. Teel, chaplain supervisor for University Hospital, with other hospital chaplains also sharing hosting duties.

The series is set to run seven days a week from 7:30-8 a.m. It will feature a worship talk by the host chaplain and music provided by local talent.

The second series will deal with “Health Practice and Fitness.”

The show will be hosted by Herschel C. Lamp, MD, assistant professor of tropical health, and written by W. Joyce Lin, a member of the University Hospital rehabilitation staff. Both shows will be directed by Jerry Keating, instructional television consultant at the University.

Also planned is a talk program which will involve patients and guests of the hospital in telephone discussions, concerned with spiritual problems. When released, the proposed programs can be seen by patients and staff in the University Hospital on Channel 12.

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exploring the mountain since 1959, said he first saw on estimated 50 tons of timbers embedded in a frozen lake in 1959 and chopped out a five-foot-long piece. He has encountered with a larger occasion in 1969 and recovered several other pieces.

Robert F. Faylor, director of the Arctic Institute of North America, Washington, D.C., an organization working with the Search Foundation, noted the increase in interest for objection to strengthen findings. I can’t explain how we would size and age could get to that height... whatever is there is going to be of great archaeological interest.”

Reports of the presence of a large vessel high on Mount Ararat have persisted for centuries. The prove of a ship was seen jutting from an ice pack by archeologists and a team in 1946, and commercial pilots have reported seeing a ship-like shadow in the ice near the top of the mountain.