

## THE HISTORY of the NUTRITION SOCIETY

By ALICE M. COPPING

### *Introduction*

In 1963 Dr L. J. Harris, the first secretary of the Nutrition Society, wrote a brief history of the Society on the occasion of the 6th International Congress of Nutrition held in Edinburgh. He declared his intention of filling in the facts of the intriguing early history of the Society and also of its later affairs. However, he did not find time to do this and it is the loss of the Society that his happy knack with words has not come down to us. In 1975 the Council invited me to become honorary archivist and historian to the Society, and since May 1975 I have endeavoured to examine and sort out the large collection of reports and correspondence accumulated in the secretarial office at Chandos House and contributed from various other sources, especially the many files stored by Mr D. S. Miller at Queen Elizabeth College, London.

Much of the material was related only to small immediate matters such as the acknowledgment of petty cash between honorary secretary and honorary treasurer, or preliminary suggestions about dates for meetings and people to be consulted before programmes could be drawn up. Some of the programme secretaries had most intricate timetables for planning of meetings while others seemed to manage without specific timetabling. Much correspondence was transitory, but some interesting letters had been kept and are now filed in appropriate categories. It is not easy to define a filing system for much of the heterogeneous material but I trust that what has been preserved will provide useful material for historians of the future.

The history of the foundation of the Society is a base for the rest of the story that I have written from information supplied by minutes, letters and reports, and to some extent from my own knowledge since I was a member of the Lister Institute Division of Nutrition housed during the war by Sir Charles Martin at Roebuck House in Cambridge. I was therefore in the midst of the discussion and planning of the Society in 1941. I was also an active member of the informal group of nutritionists who met before the official Society was promulgated.

I am most grateful to Mrs June Schulkes for the hospitality of the office at Chandos House and for her bearing with my presence there surrounded by masses of dusty papers gradually being put away into sacks for disposal or piled into filing cabinets for future reference. I have to thank Dr E. M. Cruickshank, Dr R. J. L. Allen and Dame Harriette Chick and other members of past Councils for much helpful advice, and Dr Elsie Widdowson for editing my manuscript.

*The beginning*

By 1930 nutrition was fully recognized as a science in its own right and in various countries a number of periodicals pertaining to the subject had come into publication with good papers on human and animal nutrition. The fields of nutrition research were visibly widening and the Medical Research Council had busy laboratories in its London Institute, in the Dunn Nutritional Laboratory in Cambridge and elsewhere, but discussion of reports on nutrition research was in general confined to meetings of the Biochemical and Physiological Societies. From time to time workers in nutrition considered the possibility of forming a separate society, but the matter remained in abeyance until the urgency of war galvanized various interested people into action. Early in 1940 Dr S. K. Kon of the National Institute for Research in Dairying at Shinfield began to organize 'informal meetings of nutrition workers'. These involved some thirty-five people who met about once every month at a convenient venue. These informal gatherings provided opportunity for a most useful exchange of ideas and information on the increasing problems of wartime nutrition and food supplies, just when rationing schemes were coming into force.

The rationing system had been worked out before the outbreak of war in 1939 on the basis of information concerning food supplies and nutritional needs as set out by the Technical Commission of the Health Section of the League of Nations in 1935 and revised in 1937. In the United Kingdom a government Advisory Committee on Nutrition was set up in 1935, together with a Market Supply Committee. The relation of poverty and poor food to health was emphasized by John Boyd Orr in *Food, health and income*, and as tension in Europe mounted it was appreciated that the nutritional state of the nation was of immediate concern for a country at war. Full communication was essential between official bodies and scientific workers who could aid the programme of preparing schemes for rationing food and for the proper utilization of supplies that might decrease when transport difficulties cut those from overseas sources in time of war.

The informal meetings of 1940 rapidly proved their worth and members met at Shinfield, Cambridge, Rothamsted or the Cherry Tree Inn at Welwyn Garden City to consider whatever was the most important current problem. Sometimes getting to these meetings was anything but easy and an additional difficulty arose in that some members whose opinions were much needed could not attend because they held official posts and were not free to come and discuss their work at informal meetings. There were also often purely personal problems of transport and weather. As an illustration of this I can recall the meeting at Rothamsted on a very wintry day in February 1941 when Dr Macrae drove a party from Cambridge in a small car. We started early on our homeward journey, but had to call at a farm near Stevenage to check some experimental pigs. Our call was interrupted by an air raid and we continued in the dark in a snow storm to get stuck in a drift on Royston Heath, until a convoy of army trucks came through and we were able to crawl along in their wake. Petrol supplies for cross-country journeys were limited and it became more and more difficult for essential workers to come to the informal

meetings. So several senior workers, encouraged by Sir John Orr and Sir Charles Martin, moved the idea of an official Nutrition Society into definite terms. A preliminary meeting between Sir John Orr and Dr Kon took place at the Athenaeum Club in London on 11 June 1941, which resulted in the suggestion of issuing a circular letter to a number of people who might be interested in helping to found the society. The initiative at this stage was largely in the hands of Sir John Orr who gave much time and thought to the project in spite of his many other wartime responsibilities. After some consultation the following draft letter was agreed:

'Just before the outbreak of war a suggestion was made by several people interested in research on nutrition that a Nutrition Society should be formed. Owing to the outbreak of war the idea was abandoned. The question has, however, again been raised and there are a considerable number of research workers and others in favour of holding meetings to discuss nutritional problems. Such meetings would serve a useful purpose, especially in enabling workers studying different aspects of the same problem in agricultural and medical institutions to meet and help each other with information and constructive criticism.

If there is a sufficient number of workers who wish to hold meetings for discussion of nutritional problems, the best procedure would be to form a Society on the lines of the Physiological and Biochemical Societies although there would be no question of publishing a journal in the meantime.

In view of the difficulty of travelling, it might be convenient to form separate English and Scottish groups which could meet independently but which might maintain contact during the war by exchanging short notices on the papers and discussions at meetings'.

This circular was approved and signed by eleven heads of Institutes who were:

Sir Joseph Barcroft, Chairman of the Food Investigation Board;  
Dr Harriette Chick, Head of the Division of Nutrition, Lister Institute;  
Professor J. C. Drummond, Scientific Advisor to the Ministry of Food;  
Dr John Hammond, Animal Research Institute, Cambridge;  
Dr L. J. Harris, Director, Dunn Nutritional Laboratory, Cambridge;  
Sir Frederick Hopkins, Professor of Biochemistry, Cambridge;  
Professor H. D. Kay, Director, National Institute for Research in Dairying;  
Sir Charles Martin, lately Director, Lister Institute;  
Sir Edward Mellanby, Secretary, Medical Research Council;  
Sir John Orr, Director, Rowett Research Institute;  
Professor R. A. Peters, Professor of Biochemistry, Oxford.

The letters exchanged in the preparation of this draft and getting its approval are filed in the archives of the Society and are an admirable example of the reasoned correspondence between the famous men whose names have been listed. Sir John Orr then proceeded to arrange a preliminary conference to be held at the Royal Institution in London on 23 July 1941. In spite of very short notice twenty-eight people, representative of different disciplines involved in nutrition work, attended this meeting.

Sir John Orr took the chair and presented the circular letter as a manifesto to be discussed. Dr Chick opened the discussion by reading a letter from Sir Charles Martin giving strong support to the proposal to form a Nutrition Society. She also stressed the necessity of limiting membership to those actively-engaged in work relating to nutrition. The question of the relation of the new society to existing societies was discussed, but overlapping membership was considered unlikely to cause problems. The need was for closer union between workers in different fields, for example those in medical research and those concerned with the assessment of the nutritional value of human foods, and those engaged in the production and analysis of animal feedingstuffs. The nature of the Society's activities and the frequency of meetings were considered, and the Chairman felt that the initial organization should be as fluid as possible to meet new contingencies. A provisional committee to arrange activities and meetings for 1 year was suggested and elected, with Sir John Orr as Chairman, A. L. Bacharach, H. Chick, H. H. Green, J. Hammond, L. J. Harris, A. StG. Huggett, F. Kidd, S. K. Kon, B. S. Platt, H. M. Sinclair and E. M. Cruickshank as Acting Secretary. The Chairman proposed that meetings should take place at one or other of the Research Institutes, with the Director of the institute where the meeting was held to act as chairman. A general theme might be selected and after relevant papers were read a general discussion could follow. The publication of a Journal of Nutrition seemed impracticable under war conditions. A corresponding Scottish Society was in the process of formation and close collaboration would be maintained.

At the first meeting of the Committee at St Mary's Hospital, London on 5 August 1941 with Dr Hammond in the Chair, Dr L. J. Harris was appointed Honorary Secretary and Mr A. L. Bacharach as Honorary Treasurer. Dr E. M. Cruickshank was to continue as Assistant Secretary, and in fact remained as Recording Secretary until 1971. Mr Bacharach agreed to prepare a draft constitution and rules for the Society. Lists of people suitable for foundation membership were to be compiled by the Committee. The fields of activity were allocated as follows:

Industry — A. L. Bacharach, Agriculture and Physiology — J. Hammond,  
Medicine — B. S. Platt, Biochemistry and food investigation — L. J. Harris,  
Animal Health — H. H. Green.

A provisional programme was arranged for the First General Meeting to be held at the Dunn Nutritional Laboratory in Cambridge on 18 October 1941 on the subject of 'Evaluation of nutritional status'. Dr Harris was to prepare a draft programme of speakers and contributors to the discussion before the next meeting of the Committee. In the meantime he was to inform other societies in UK and also the American Institute of Nutrition of the formation of the Nutrition Society. A list of people in the Dominions was to be collected and put forward for the receipt of information. It was resolved that an account of the First General Meeting should be sent to scientific journals.

The second meeting of the Committee held on 23 August 1941 at the Dunn Nutritional Laboratory, was a very long session and lunch and tea were provided.

A little note in the minutes expressed thanks to Dr Cruickshank who had provided confectionery for the improvement of the nutritional status of the committee. In the minutes of the third meeting, again held at Cambridge on 20 September 1941, under 'Nutrition of executive committee', it is recorded that the meeting closed with a vote of thanks to the Honorary Assistant Secretary who, notwithstanding the current difficulties in catering, had succeeded in supplying at 13.00 hours and again at 16.30 hours a variety of comestibles which proved both well-balanced and aesthetically satisfying.

The second meeting approved the definition of the object of the Society and discussed alternative titles but recommended that the name should be 'The Nutrition Society' and that the object of the Society should be to advance the scientific study of nutrition and its application to the maintenance of human and animal health. The draft rules and by-laws, prepared by A. L. Bacharach, were approved with minor additions and modifications. As Treasurer, Mr Bacharach presented a statement that led to the decision that the subscription should be 10s. per annum. Lists of proposed original members were submitted and invitations were to be sent to some 225 people informing them of the foundation of the Society and giving notice of the Inaugural General Meeting to be held at Cambridge on 18 October 1941. The form of letters to the American Institute of Nutrition and to other Overseas Nutritionists and to the Biochemical Society, the Physiological Society, the Society of Chemical Industry and the Royal Society of Medicine was approved. In planning the meeting on 18 October the Dunn Nutritional Laboratory was to be the venue unless the number proposing to attend was larger than the available lecture room would hold. In this event it was decided that Professor Adrian should be asked whether the use of the lecture theatre in the Physiological Laboratory could be made available. A provisional timetable was agreed, with an opening talk by Sir Frederick Hopkins, then Sir John Orr and Dr L. J. Harris, with discussion from designated speakers. After lunch Dr B. S. Platt would speak on 'Clinical signs of malnutrition' and Dr C. Crowther on 'Nutrition of farm animals', both papers to be followed by discussion. It was agreed that the Honorary Secretary should arrange for paragraphs to appear at appropriate times in the weekly scientific and medical Press announcing the formation of the Society, giving details of the proposed programme of the first scientific meeting and eventually reporting the meeting. The Secretary was instructed to keep in touch with the Scottish Committee through the Chairman of the General Committee since it was essential that the Scottish Committee should be informed of the labours of the Executive Committee and be able to offer comments on rules and by-laws.

At the third meeting of the Executive Committee in September 1941 it was agreed that the number of 200–250 original members previously proposed was inadequate and further names were therefore added to the list. The Honorary Secretary reported that he had already had replies by airmail from some of the American nutritionists who had been informed of the founding of the Society. Dr W. H. Sebrell and Dr H. H. Mitchell both strongly endorsed the plan to hold

meetings that would present views and discussion of general topics rather than short papers publicizing results of research. The British Societies welcomed the foundation and aims of the Nutrition Society, and the Secretary of the Biochemical Society noted that the aspects of nutrition with which the new society would be concerned lay outside the proper interests of biochemists. Due care was to be taken to avoid clashing of meeting dates and overlapping of programmes. Later a joint meeting of representatives of the various societies was planned to discuss related matters.

In the arrangements for the first Scientific Meeting it was reported that the Chairman of the General Committee, Sir John Orr, had intimated that he might be unable to participate because of a possible visit to America and that he had suggested in this event that Sir Charles Martin might be asked to take his place. This was agreed, but the Chairman was asked to send a message to be read if he was unable to attend.

At the fourth Executive Committee meeting on 15 November 1941 it was reported that of the 259 who were offered original membership 179 had accepted and there had been enquiries from eighty persons about the possibility of ordinary membership. Such applications were to receive scrutiny and a suitable draft letter was agreed for sending to applicants. The successful first Scientific Meeting was reported and the Secretary was asked to obtain estimates for printing or 'cyclostyling' the contributions for circulation to members. It was decided that a second Scientific Meeting should be held at the London School of Hygiene and Tropical Medicine in February 1942, the subject for discussion to be 'Nutritional needs in relation to food production and distribution'. Correspondence with Professor Garry of the University of Dundee, who had been asked by Sir John Orr to organize the formation of the Scottish Branch, confirmed that it would be best for the Scottish Committee to select its own original members and that this Committee should be regarded as an Emergency Committee for the duration of the war, that the Scottish Committee should be entitled to send delegates to the English Committee and the English to send delegates to the Scottish. Members of both branches were free to attend scientific meetings of both branches.

The Honorary Treasurer recorded payment of donations of £106 in addition to subscriptions from original members and a most satisfactory balance after paying for the meeting on 18 October.

Thus the year 1941 saw the foundation and the initial scientific discussion meeting of the Nutrition Society and more than fulfilled the hopes of its founders, at a time when increasing pressures of wartime restrictions, air raids, losses of convoys and extension of war in the Far East were discouraging to any but the brave spirits who considered it necessary to step up the effort to ensure good nutrition for the maximum war effort and the ultimate survival of the UK.

The inaugural meeting of the Scottish branch was held in the Department of Physiology, University College, Dundee on 17 January 1942, with Sir John Orr, Chairman of the Society presiding. He explained the origin of the Society, its inauguration in England, and the proposal for formation of a Scottish group to

meet separately for the convenience of members during the war. Professor Garry further described in general outline the constitution, procedure, categories of members, qualifications for membership, the keeping of records of meetings and subjects for discussion at the first two Scientific Meetings in England. Sir John Orr spoke of the committees and suggested that an Executive Committee for Scotland would meet the present needs. On the motion of Dr G. Dunlop it was agreed that a provisional Executive Committee should be elected forthwith and should function until the second Scientific Meeting, after which a General Business Meeting should be held for revision of the position and election of a new committee. It was agreed that the provisional Committee should contain eight members representing the four main centres in Scotland and that it should elect its own chairman. The meeting elected the following members:

Professor E. W. H. Cruickshank, Dr D. P. Cuthbertson, Professor H. Dryerre, Dr T. Ferguson, Professor R. C. Garry, Dr I. Leitch, Professor D. M. Lyon, Mr J. S. Thomson.

The question of a suitable subject and date for the first Scientific Meeting was then considered and it was suggested that a discussion on the lines arranged for the second Scientific Meeting in England might be acceptable.

Firm liaison between the English and Scottish groups was established during the war, but in 1945, when hostilities had ceased but much general adjustment of life had to be envisaged, the Scottish Group became anxious that they should continue to exist as an autonomous part of the Nutrition Society rather than that they should just become anonymously involved in the general working as had been the situation in the past in the formation of the Biochemical and Physiological Societies which had no Scottish Groups.

This concept was fully agreed and in the revised Constitution in 1947 there was a section relating to the Scottish Group, in which the object of this Group was defined as serving members of the Nutrition Society domiciled in Scotland by holding General Business and Scientific Meetings of the Scottish Group within Scotland.

#### *The constitution of the society*

The *Rules and by-laws* printed and circulated in 1942 were so well drawn up in the first place that they have required remarkably little modification over the years. After joint discussion between the English and Scottish Groups in April 1943, the Annual General Meeting of 22 May 1943 called into being the Council as the managing body for the Society. In 1947 the *Rules and by-laws* were reprinted with some essential additions and modifications relating to local or regional groups and to publications. In the original, Rule 7 referred to Foreign Membership and this was changed, as Rule 8, to Honorary Membership, giving the Council power to elect, subject to confirmation by the majority of the members at a meeting of the Society, up to a total of fifty Honorary Members from among those who have made outstanding contributions to the science of nutrition. This Rule was modified in

1962, reducing the number of Honorary Members to ten. The 1947 reprint did not give a full Scottish constitution and a further reprint was requested but was delayed in view of possible changes. A duplicated revision was circulated to members in 1953 but no complete reprint came until 1963 when a new by-law 9, on the Submission of Papers, was included. A further reprint in 1968 included a new by-law concerning the Programmes Committee. In the *Amended rules and by-laws* printed in 1975, Rule 10 was added giving Council powers to grant retirement pensions or annuities, or other gratuities or allowances, to any person in respect of services rendered by him or her to the Society in any salaried office or employment under the Society, whether or not such person was at any time a member of the Society. So for more than 30 years the planning of the original members of the Executive Committee proved its value in the management of the affairs of the Society.

Dr D. H. Shrimpton, who became Honorary Treasurer in 1972, gave much help and advice to the Society at a time when inflation and rising costs were making great difficulties for all scientific societies. In his report to Council for 1975 he stated that administratively there would appear to be an advantage in changing the status of the Society to that of a Company of Limited Liability, registered under the Charities Act. Accordingly the implications of such a change were examined by the Society's accountants and lawyers and a full report to Council indicated that the change to a Limited Liability Company was a device to protect the members, notably the Officers, who would become liable under the present arrangement in the event of the Society's bankruptcy. The *Memorandum and articles of association* could virtually incorporate the present *Rules and by-laws* with minor modifications required by the Charity Commissioners. The proposal was put to the Annual General Meeting on 21 May 1976 and, after some discussion and the reassurance that other societies had found such a change satisfactory, the meeting agreed that the Council should proceed with the plan. An Extraordinary General Meeting was called on 2 December 1976 at which the following resolution was put to the members: 'That the total funds of the Society, as stated in the audited Balance Sheet of the Society as at 31 December 1976, be applied as a charitable application, by way of a grant to The Nutrition Society (being a Limited Liability Company incorporated under the Companies Act 1948 to 1967, the word 'Limited' being omitted by licence of the Secretary of State for Trade), being itself, a Registered Charity, and thus to bring the Society to an end, and Dr K. L. Blaxter, Dr D. J. Naismith and Dr D. H. Shrimpton or any two of them are hereby authorized by the Society to execute, sign and do all such deeds, documents, papers, acts and things on behalf of and in the name of the Society as may be requisite to perfect such a grant.'

The members voted unanimously in favour of the Resolution and the incorporation of the Society as a Limited Liability Company by guarantee and not having a share capital was duly effected. The *Memorandum and articles of association* were printed and sent to all members in March 1977. On Tuesday 24 May 1977 the 34 and last Annual General Meeting of the Nutrition Society under



the old regulations was held, and was followed by the first meeting of the new Nutrition Society as a Limited Liability Company.

#### *Growth and expansion*

In the early years the number of members increased rapidly from the 179 who joined by October 1941, to 420 by late 1942, 460 in 1943, 484 in 1944, 600 in 1945 and up to 701 in 1948. Then the increase was slow until 1958 when another sharp increase began and continued for about 10 years, reaching 1202 in 1969 and 1336 in 1975. It was at first possible for the Honorary Secretaries and Treasurers to cope with keeping records and correspondence and sending out notices. Some were able to use secretarial aid within their own departments, but some had no such aid as is shown by the early correspondence in 'longhand', meticulously kept and usually duplicated at least in note form. Our first Honorary Secretary, without whom the Society might never have become viable, was Dr L. J. Harris who gave untold time of his own and collected help on all fronts so that not only the Nutrition Society but also the International Union of Nutritional Sciences (IUNS) set out on the great work of spreading knowledge about nutrition far and wide. One of the scientific staff of Dr Harris's laboratory, Dr E. M. Cruickshank, became his Assistant Secretary almost immediately and very soon took on the onerous but honorary job of being Recording Secretary, later Minutes Secretary, to the Council of the Nutrition Society. She tried to resign in 1965 after 24 years of service, but did not in fact give up her duties until 1971 when Dr M. E. Coates took over as Minutes Secretary. When Dr Harris resigned after 5 years, Professor S. J. Cowell of University College Hospital Medical School became Honorary Secretary and helped the Society for 6 years, to be succeeded in turn by Dr G. H. Bourne of the London Hospital in 1953. Dr Bourne had been Programmes Secretary for 5 years before becoming Honorary Secretary and was succeeded by Dr R. J. L. Allen as Programmes Secretary and in due course as Honorary Secretary. Appointment of a Programmes Secretary gave considerable help in running the Society, but in 1962 when Dr Allen was due to retire, his successor, Miss D. F. Hollingsworth, could not undertake to house the membership records, and to help the situation Dr Allen was made Membership Secretary until new plans could be put into action.

It now became imperative that the Society should have office accommodation of its own, and paid secretarial help to carry on the routine work and assist the honorary officers. Various schemes were investigated and it was only in 1964 that a suitable room was found in Chandos House, a building that belonged to the Royal Society of Medicine. This was rented from 1 January 1965 and a part-time secretary was appointed. Her tenure of office was very brief and, until October 1968 when Mrs June Schulkes became full-time secretary, the office was occupied by two other part-time secretaries who began to organize the routine business of the Society. Only when a full-time secretary was available was it possible to have a situation where the office could deal with queries, take care of membership records, payment of subscriptions and an enormous volume of other work which is entailed in running an active scientific organization. These arrangements naturally entailed

additional expenditure, which was met by an increase in the price of publications in 1965.

The first Honorary Treasurer of the Society, Mr A. L. Bacharach, was a research nutritionist at Glaxo Laboratories and gave 10 years of excellent advice on finance and other matters before he was succeeded by Dr A. J. Amos, a technical consultant to Millers and Bakers, followed by Dr W. F. J. Cuthbertson of Glaxo Laboratories, Dr A. E. Bender of Bovril Limited and later of Queen Elizabeth College, London, Mr J. C. McKenzie, an industrial research economist, Dr D. H. Shrimpton of BOCM and now Professor P. P. Scott of the Royal Free Hospital Medical School, London. All have given the Society the advantage of their own business and professional knowledge and have helped it over crises of costs and shortages and now of inflation. The inheritance of goodwill between academic, research and industrial interests has always been a keystone in the working of the Nutrition Society and is clearly demonstrated in the list of honorary officers over the years.

### *Meetings*

*Early meetings.* The high response to the invitation to join the Nutrition Society and to attend the first Scientific Meeting necessitated transferring the meeting from the Dunn Nutritional Laboratory to the Physiological Laboratory of the University of Cambridge and 160 members and guests assembled there on 18 October 1941. Sir Charles Martin, who occupied the chair at the morning session owing to the absence of Sir John Orr in America, gave a brief history of the formation of the Society with the object of bringing into close association the workers in the fields of human and animal nutrition for exchange of views and information. In calling upon Sir Frederick Hopkins to give his introductory address the Chairman paid tribute to his outstanding work in nutritional research which had done more than that of anyone else to destroy the widespread complacency of the first years of the twentieth century, when it was believed that nitrogen and energy were the sole requirements for an adequate diet.

Sir Frederick, in opening his address, recollected his lectures to students of Guy's Hospital 50 years earlier when the subject of nutrition was based on the teaching of Voit, Rubner and Pflüger, who believed that dietary adequacy depended on the amounts of protein, fat and carbohydrate present and the total energy content. The importance of the wider chemical composition of food was only slowly recognized, and the revolutionary ideas of numerous highly specific factors being needed were strongly resisted by many influential workers. The concept of vitamins was a particular point which had now come to be fully accepted as a tenet of nutritional faith. It is useful to quote the final paragraph of his short address.

'Sure it is that the study of nutrition has now reached a stage which abundantly justifies the founding of this Society.

Current studies and their practical application call for mutual aid among individuals with diverse qualifications, and it is a high merit of the Society as

constituted that it will bring such together. I am thinking in particular of laboratory workers and clinicians, each of whom will learn much from such contacts, often, to say the truth, from mutual criticism. Practical dieticians who have seldom themselves been investigators will profit from hearing new additions to knowledge described at first hand, and sometimes by hearing enlightened criticism of accepted views. The existence of a Society such as this, promoting discussions to which all these and others can contribute, cannot fail to hasten progress, and our gratitude is due to those whose enterprise has led to its foundation. This large attendance at its first meeting seems to assure its future success. In the circumstances I shall not, I think, be thought impertinent if I offer it my blessing!

So the Society was set on its way by an introduction from one of the earliest British contributors to the newer knowledge of nutrition. After this speech the Honorary Secretary read messages welcoming the foundation of the Society and wishing it success, from the following workers in America: Professor H. M. Evans, University of California, Berkeley; Colonel P. E. Howe, Office of Surgeon General, Washington, DC; Professor J. Murray Luck, Stanford University, California; Professor H. H. Mitchell, University of Illinois, Urbana; Dr W. H. Sebrell, National Institute of Health, US Public Health Service, Bethesda, Maryland; Professor H. C. Sherman, Columbia University, New York; Dr A. G. Hogan, University of Missouri, Columbia, Missouri (on behalf of the American Institute of Nutrition); and from officials of the following British societies: The Biochemical Society, The Physiological Society, The Royal Society of Medicine.

Then came the Scientific Meeting which was a Symposium on 'Evaluation of nutritional status in man and in farm animals'. Sir Joseph Barcroft, who took the chair in the afternoon session, helped the lively discussion and gave a masterly summing up of the day. It was a most satisfactory Inaugural Scientific Meeting and was enthusiastically reported in the medical and scientific Press.

The second Scientific Meeting and second English Meeting was on 'Food production and distribution in relation to nutritional needs' and was held at the London School of Hygiene and Tropical Medicine on 28 February 1942. At the morning session Sir Wilson Jameson, Chief Medical Officer at the Ministry of Health took the chair and in his opening remarks said it was Government policy that the Ministry of Food should be advised by the Ministry of Health which had the duty to watch for any deterioration in the nation's health. There was no evidence so far of anything serious. Sir John Orr gave the first paper on 'Agricultural implications of a food policy based on nutritional needs' with due reference to work in USA on assessing the nutritional status of the population and the need for medical workers to learn from agricultural research, especially in the field of infant mortality. He also stressed the need to grow more crops that could be directly used for human food and to produce crops that had high nutritive values. This and further papers were followed by good discussions from agricultural and medical aspects, and the meeting was summed up by Sir Joseph Barcroft who said that the dominant note had been an urge to action, a desire to do

something useful. He thought that the machinery of the Society ought to be elaborated to crystallize the views of each meeting and place them at the disposal of the appropriate authorities. This was desirable because Government Committees were made up of selected people but, in a democratic assembly such as the Nutrition Society, it was open to anyone, be he farmer, vitamin expert, or any other kind of specialist, to state his views. Each member of the Society has some specialized corner of experience or knowledge and, for that reason, machinery should be set up for getting their views into a form accessible to those responsible for policy. It should be remembered that if man does not live by energy and love alone, neither does he live by milligrams and vitamins alone. Having been brought up in the school of the older physiologists, and imbibed the teachings of Pavlov, he appreciated that quality is as important in its way as quantities, be they milligrams or kilograms. He therefore agreed with the speakers who emphasized the importance of palatability. If a food is not attractive, it may not be fully assimilated, and the importance of appetite must not be overlooked.

Finally the meeting had drawn attention to the importance of wastage, such as that caused by abortion in cattle, or the staling of vegetables. There is absolute wastage, as when potential feedingstuffs are lost down the drain, and seasonal wastage such as occurs when there are gluts. He hoped this question might be considered at a later meeting.

The first Scottish Meeting (third Scientific Meeting) was held at the Station Hotel in Perth on 14 March 1942 with Dr A. Davidson, Chief Medical Officer for Scotland, in the chair. The subject was 'Food supplies in relation to human needs'. In 'Part 1. Requirements for health', Dr Davidson in his opening remarks welcomed the formation of the Scottish Group of the Nutrition Society and the development of research in nutrition in Scotland. In the range of problems involved in the study of nutrition there was urgent need for a yardstick by which to measure nutritional status. He emphasized the importance of diet in wartime and said that although public health had been so far maintained a watch must be kept. An immense social experiment was in progress, with such developments as the milk in schools scheme, the drive for extension of school meals, the establishment of canteens in factories and of British restaurants. Too much emphasis had hitherto been laid on disease and its cure, and it was essential that the bias should be transferred to the establishment and maintenance of health. In the new concept of positive health the science of nutrition can contribute much, and as the concept becomes more appreciated so will the science assume even greater importance. The influence of good nutrition on the incidence of disease generally is well known, whilst it is of particular significance in the incidence of social diseases such as tuberculosis. The new orientation towards social medicine becomes, therefore, a matter of first importance and this Society can contribute considerably towards that object. He wished it every success in its efforts.

Very suitably the first paper was given by Sir John Orr on 'Standards and their implications' with reference to statements from the British Medical Association, the League of Nations Health Section Technical Committee, the Stiebeling report

in Washington, the Canadian Medical Association report and most recently the report of the Committee on Food and Nutrition of the US National Research Council. The various statements of requirements, though differing slightly in detail, were in close agreement, and clinical investigations in the UK and other countries showed that the highest levels of health and physical fitness were enjoyed by people whose diet conformed to the modern standards and that the further the diet falls away from the standard the more the levels of health and physical fitness deteriorate. He discussed also the possibility of improving health by supplementary feeding, and the need for a food policy based on human needs and the provision of the necessary additional foods if they are lacking. Dr D. P. Cuthbertson followed with a paper on 'Standards for proximate principles', Dr J. Duckworth with 'The adequacy of the recommended calcium and iron allowances' and Surgeon Commander C. C. Ungley with 'Standards for vitamins'. A full discussion followed and indicated the value of this first meeting of different disciplines interested in nutrition in Scotland.

The second Scottish Meeting (fourth Scientific Meeting) was held in the Physiology Department, University College, Dundee on 16 May 1942 on 'Food supplies in relation to human needs. Part 2. Requirements in terms of food', with Mr J. M. Caie in the chair. Dr I. Leitch gave the first paper on 'Translation of standards into terms of foods', with an account of the very great problems of fitting food supplies and dietary patterns into plans to meet standards. The other papers at the meeting were concerned with the potential contribution of meat, milk and eggs, of fish and of crops to the British diet. Most useful discussion followed the papers and again emphasized the value of experts in many fields getting together to present their problems and their ideas.

The third English Meeting (fifth Scientific Meeting) at the London School of Hygiene and Tropical Medicine on 30 May 1942 was concerned with 'Problems of collective feeding in war time', with the Dowager Lady Reading in the chair and the Rt Hon Lord Woolton, Minister of Food as the opening speaker. Sir John Orr was unable to be present and a letter from him was read:

'I would like, not only on my own behalf, but I am sure on behalf of all members of the Society, to congratulate Lord Woolton on the success of his work at the Ministry of Food. In spite of the grave shortages of some foods, the people in this country are most fortunate in being as well fed as they are. The results of a survey in Scotland done at the request of the Ministry of Food, showed that large sections of the people, including many of our children, are actually enjoying a better diet from the point of view of health, than they did before the war.

Lord Woolton is well served by my friend, Professor Drummond, the Scientific Advisor to the Ministry, and by Lord Horder, his personal consultant. It is gratifying that these are both members of our Society. Lord Woolton's presence here today is a further indication of his interest in the science of nutrition and his desire to establish and, I hope, to maintain after the war, a food policy based on the nutritional needs of the people.

It must be a great encouragement to Lord Woolton to contrast his position in

this country, as head of a successful ministry, with that of Herr Walther Darre, the Food Minister in Germany who has just been relieved of his office. For the sake of the nation we wish Lord Woolton continued success. We can assure him that the members of this Society realise the difficulties of the great task he has undertaken. If the conferences held by this Society during the war can bring together and clarify the knowledge on the present day problems and assist in getting that knowledge across to the people, they may strengthen the hands of Lord Woolton in his fight on the food front.

I hope the conference will be a great success.

Yours sincerely,  
John Orr'

Lord Woolton began by saying 'I came here today because I wanted an opportunity, publicly, to express my belief in you. Almost the first thing I did when I found myself a minister, without any knowledge of food values and with very little knowledge of food trades, but with some knowledge of people and their requirements, the first question I asked was: Tell me, what is the policy of His Majesty's Government regarding food? And then, where are my scientific advisers? because I was quite clear that if we were going, as we obviously were, into a period of considerable shortage, we should have to begin to make up in quality what we were going to lack in bulk.' From this introduction he went on to speak of rationing and sharing supplies, setting up plans for communal feeding with canteens in factories, British restaurants to provide meals off the ration for people whose wartime work prevented their preparing food at home, increased school-meal facilities, all designed to keep the people healthy and ready for the work required of them in wartime and afterwards.

Lady Reading, Chairman of the Women's Voluntary Service, gave a short address indicating the value of meetings such as this to get practical people in touch with the results of research workers to their mutual benefit. The first scientific paper was concerned with 'Organization of catering in the Royal Air Force' in which Squadron Leader J. Salmon from Technical Training Command, RAF, reviewed the system of feeding Air Force personnel and especially of training cooks for the necessary large-scale catering. The discussion on this paper was opened by Major R. G. Leggett from the War Office followed by NAAFI, Navy and civilian speakers, all stressing the importance of satisfactory large-scale catering under conditions of rationing and wartime manpower needs. The second paper was presented by Dr M. Pyke of the Ministry of Food on 'Food supplies for collective feeding', and his information on the plans of the Ministry to provide suitable meals in canteens of all types gave rise to much discussion on supplies of nutrients, particularly vitamin C and protein, and on the possible use of dehydrated foods.

The afternoon session, under the chairmanship of Professor V. H. Mottram, was opened by Squadron Leader T. F. Macrae on 'Effects of large scale preparation on nutritional values', with considerable discussion from every side of the problem.

Then followed four papers on 'General dietetics of communal feeding, from Miss M. Abrahams on 'Role of the dietitian', Miss M. C. Broatch on 'School canteens', Miss I. M. Clift on 'Industrial canteens' and Mrs W. Parsons on 'Collective feeding and the housewife'. Sir Joseph Barcroft again provided an admirable summary of the day's proceedings as follows:

'Lord Woolton expects the Nutrition Society to help him. He certainly can rely on us doing this in every possible way. Today's discussions have shown how it can be achieved. There is gathered at the meeting an enormous fund of experience and the Society could, better than any other body in the country, pool information, enunciate problems and weld into a coherent whole the knowledge that is available. Food problems have to be tackled all the way from production to consumption. The preparation and treatment of foods are almost as important as the foods themselves. Variety is required in the diet. High-class cooking which can be defined as the production on scientific lines of a meal of the greatest possible value is not a luxury but an economy. Not only nutritive value but also palatability and aesthetic value should be considered. The psychological effect of choice is great but in nutrition unguided choice between good and bad should not be encouraged. In the old days cooking was a domestic affair but in this industrial age home-cooking has very frequently to be supplemented and obviously the machinery for this will have to be developed. In this the Nutrition Society could help and one way is by the publication of its proceedings. Another possibility is for the Society to form specialized discussion groups.'

Not surprisingly this meeting, with many public figures taking part, received much pressure for Press reporting, and some occurred that gave rise to anxious discussion at the next meeting of the General Committee. In consequence the future meetings of the Society were held to a ruling according to which members are reminded that the meetings of the Society are private, visitors must be introduced personally, and unauthorized reports of the proceedings must not be communicated to the Press.

These first five meetings gave clear indication of the wide interest roused by the Nutrition Society and led to application for membership from many people with every kind of contact with nutrition and to acceptance of the importance of the Society in scientific and official circles. The sixth Scientific Meeting (fourth Meeting of the English Group) was held jointly with the Food Group of the Society of Chemical Industry on 'Dehydration of foods and the effect on their nutritional value' under the chairmanship of Sir Edward Appleton. This meeting was held at BMA House, London on 25 July 1942 and gave opportunity for the Department of Scientific and Industrial Research to report some of its research into means of easing problems of preparation, preservation and transport of food in wartime. These three points were emphasized by Squadron Leader Macrae in opening the final discussion of the day and by Dr J. Hammond looking forward to the future use of food technology for the benefit of the nutrition of man. The seventh Scientific Meeting was the third Scottish Meeting and was held at Gleneagles Hotel on 26 August 1942 with Professor D. Murray Lyon in the chair

for Part 3 of 'Food supplies in relation to human needs: Signs and symptoms of deficiency diseases'. One paper on dietary deficiencies in animals was included, and lack of minerals and vitamins in the diet of man was given full clinical evaluation by a distinguished assembly of speakers. The eighth Scientific Meeting (fifth English Meeting) was devoted to 'Trace elements in relation to health' and held on 17 October 1942 at the London School of Hygiene and Tropical Medicine, with Dr J. H. Greig in the chair in the morning and Dr C. R. Harrington in the afternoon.

Thus in its first year the Society held eight meetings, five in England and three in Scotland, on subjects of prime importance to the welfare of the nation at war and providing ideas for future development of the application of the science and practice of nutrition to the health of man and animals. The attendance at all the meetings underlined the need for a meeting place of the many disciplines involved in the study of nutritional problems. The pattern set in that first year has been carried on with necessary variations arising from increased size and activity of the Society and the need to have meetings for presentation of short original communications. The first meeting for 'Communications' was held in London in February 1947, and was, in fact, the thirty-ninth Scientific Meeting of the Society.

*Later meetings.* After the inaugural meeting in Cambridge all the meetings of the English Group were held in London until 1949, while the Scottish Group met in Perth, Dundee, Edinburgh, Glasgow or Aberdeen. In October 1949 a Symposium on 'Triglyceride fats in human nutrition' was held in Birmingham which was a centre of much clinical research in the field of fats in the diet. In 1950 a Symposium on 'Vitamin A' attracted a good attendance at the University of Liverpool. The year 1952 saw two meetings outside London, one of 'Diet in relation to renal and cardiovascular disease' in Manchester in March and one of 'The role of vitamins in metabolic processes' at Sheffield in December. There was also a venture outside London for a meeting for Original Communications at Shinfield. Wales was host at Bangor in 1954 for a Symposium on 'The efficiency of food conversion in farm animals' in July. From 1954 it became traditional to hold a summer meeting outside London and some very good programmes have been provided in Oxford, Cambridge, Reading, Shinfield, Rothamsted, Southampton, Cardiff and University of Surrey at Guildford.

The ninety-sixth Scientific Meeting of the Society was held in Oxford in July 1955 as a Symposium on 'The nutritional work of FAO, WHO and UNICEF' with Sir Robert McCarrison in the chair on the first day and Dr H. M. Sinclair on the second day. The speakers came from the UN agencies headquarters in Rome, Geneva and New York and from two special projects on nutrition in Egypt and in Burma. The meeting drew a large attendance and provided much interesting information and discussion, at a time when the nutrition activities of the UN agencies were expanding very fast and needing many new field workers.

The following year, 1956, saw the 100th Scientific Meeting of the Society which was held on 10 March in the Physiology Lecture Theatre of The London Hospital Medical School. It took the form of a Symposium on 'Diet and anaemia' with Sir



Stanley Davidson in the chair. There were 118 members present and their names were recorded on a specially-printed parchment provided by Messrs Lamport Gilbert who print the Society's programmes. This parchment was subsequently photographed and the reproduction is in *Proc. Nutr. Soc.* (1956), 15. On that occasion a dinner was held at the Royal College of Surgeons with the President of the Society, Dr L. J. Harris, presiding and Lord Boyd Orr, Dame Harriette Chick, Lady Mellanby and a distinguished company of members also present.

A Symposium on 'Grassland and the feeding of livestock' at Reading in July 1956 drew a relatively small attendance, but some years later a joint meeting with the British Grassland Society in London in December 1963 was attended by over 200 for a Symposium on 'The utilization of grass by ruminants'.

Cambridge was the host for summer meetings in 1957 when flour and bread were discussed and in 1959 when the subject was nutrition and reproduction. In 1960 food losses in field and store were discussed at Rothamsted. In 1961 Britain was the host for the International Congress of Dietetics and the summer meeting of the Nutrition Society in Oxford invited dietitians from the Congress to attend a Symposium on 'Nutrition and metabolic defects'. Sir Hans Krebs took the chair for a record gathering of over 220 with papers on 'Inborn errors of metabolism', 'Phenylketonuria', 'Metabolism of copper and Wilson's disease', 'Chronic magnesium deficiency' and 'The possible role of dietary factors in the aetiology and pathogenesis of sprue, coeliac disease and idiopathic steatorrhoea'. This was indeed a good programme for dietitians.

In 1962 the Ministry of Agriculture, Fisheries and Food was host at its Central Veterinary Laboratory at Weybridge for a Symposium on 'The effect of changes of nutrition on the host-parasite relationship'. July 1963 saw another joint meeting in Oxford when the Nutrition Society of Canada shared a Symposium on 'Interrelationships between nutrients'. This was a 2 d meeting with 125 members present and papers from Canadian and UK speakers on 'Nitrogen balance', 'Factors affecting vitamin requirements', 'Metabolism of trace elements', 'Interrelations of fatty acids and other nutrients' and a final paper summarizing 'Interrelation of nutrients in the formulation of balanced diets'. The next summer brought the Society into the agricultural field with a meeting at Reading on 'The effect of soils, fertilisers and environment on the yield and nutrient content of plants'. This included papers on 'The ultimate limit of crop production', 'Irrigation as a factor in boosting food and fibre production' and a masterly summing up at the end of the day by a soil scientist.

July 1966 was the occasion of a very large meeting in Oxford discussing 'The absorption of nutrients from the intestine'. In 1967 the summer meeting was held jointly with the Royal Society of Health in London, and in October there was a meeting on 'Diet and milk secretion' at Shinfield. In 1968 and 1969 the Society met in Cambridge and in 1970 we travelled to Norwich for the discussion of 'Organolepsis and nutrition', while 'Carbohydrate digestion and metabolism' was the subject for a meeting in Oxford in 1971. Another new venue was tried in 1972 when a Symposium on 'Diet and cardiovascular disease' was held at the University

of Surrey at Guildford. Reading was the host for a Symposium on 'Trace elements' in 1974, Southampton for 'Lipid metabolism and its control' in 1975 and Cambridge for 'Nutrition and growth' in 1976.

The summer meetings of the Society have become the general meeting place for members from all areas and have usually occupied 2 d with residence in university lodgings giving much opportunity for exchange of information and ideas in informal conversation.

In 1950 a meeting was held in Dublin with great success but though plans were made for later meetings there, none in fact took place until September 1975 when a 2 d meeting was held, 1 d for original communications and 1 d for a Symposium on 'Diet and health'.

The meetings held in Scotland demonstrate the value of having the active Scottish Group. One of the highlights of their history is the meeting held in Edinburgh in May 1953 to celebrate the Bicentenary of James Lind and his 'Treatise on scurvy'. Early in 1951 Dr Meiklejohn reminded the Scottish Committee of the approach of this bicentenary and of the fact that notice was to be taken of the occasion by the University of Edinburgh. This message should then have been passed to the Council of the Nutrition Society, but it was apparently not noted until much nearer the time of the anniversary and the final arrangements led to a Scottish Meeting with particular responsibility being taken by Dr Meiklejohn and Dr C. P. Stewart. The whole Society was involved and the Tenth Annual General Meeting was held in Edinburgh at the time of the 'Lind Meeting' which was the eighty-first Scientific Meeting of the Society. The celebrations included the reprinting of Lind's treatise, with additional papers by Dr C. P. Stewart and others supplying biographical and technical notes on 'Vitamin C and scurvy'.

The opening ceremony on 22 May 1953 was an academic assembly in the Upper Library Hall of the University where the Honorary Degree of Doctor of Laws was conferred upon Surgeon Vice-Admiral Sir Sheldon Francis Dudley (late Medical Director General, Royal Navy). He then delivered the Lind Oration. The meeting under the Chairmanship of Sir Edward Mellanby, was a symposium on 'Vitamin C', with speakers from Europe and USA as well as UK. It was a great international occasion and a fine survey of the Vitamin C 'field' with publication of the Proceedings in *Proc. Nut. Soc.* (1953), 12, 202 so that some part of the flavour is preserved for posterity. The final meeting for dinner at the Royal British Hotel had the following menu, with due attention to sources of the vitamin: iced orange juice, clear vegetable soup, fried fillet sole, scurvy grass, roast mutton, onion sauce, cauliflower, cream sauce, new potatoes persillées, ice-cream and fruit salad, wafers, croute Szent-Györgyi, coffee.

Dr C. P. Stewart proposed the memory of James Lind and Surgeon Rear-Admiral J. N. Hamilton RN made reply. Then Dr A. P. Meiklejohn proposed the health of the visitors and Professors V. P. Sydenstricker and E. J. Bigwood replied. It was a grand celebration and a great achievement by the Scottish Group organization.

Ten years later, in August 1963, Edinburgh was the host city for the Sixth

International Congress of Nutrition. Dr C. P. Stewart was Chairman of the Organizing Committee and Dr D. P. Cuthbertson (later Sir David), President of the Nutrition Society, was President of the Congress, with Lord Boyd Orr as Honorary President. The Congress attracted 1212 members and 319 associate members and meetings were held in the McEwan Hall and in George Heriot's School with section meetings in various lecture rooms of the University. Assembly Rooms in George Street served as a social centre and many fine functions and entertainments were provided. Moreover so much interest was generated in the community that most generous donations from firms and organizations allowed a profit on the entertainments and the whole Congress left the organizers with a surplus that was handed to the Nutrition Society for provision of travel grants to UK members of the Society who would otherwise not have the supporting funds to visit Hamburg for the seventh Congress. The report of the final meeting of the Congress Committee to the Council indicates admirably the great success of the whole administration and the valuable involvement of the Scottish Group. The Proceedings of the Congress, edited by C. F. Mills and R. Passmore, were published by Livingstone in 1964, remarkably rapidly for such a major work.

Another great occasion of the Scottish Group was the 278th Scientific Meeting of the Society (111th Meeting of the Scottish Group) held at Aberdeen on 11 April 1975, preceded on the afternoon of 10 April by the Inaugural Boyd Orr Memorial Lecture given by Dr A. H. Boerma, Director General of the Food and Agricultural Organisation. The meeting was a Symposium on 'Famine', chaired by Dr Blaxter, with a distinguished array of contributors.

*International meetings.* With the end of the war in 1945 leading members of the Nutrition Society felt the need to resume contacts with nutritional scientists in other countries to exchange ideas and information after the separation of the war years. Sir Jack Drummond, the Scientific Adviser to the Ministry of Food, wrote to Sir Joseph Barcroft, the Chairman of the Nutrition Society, formally proposing that such a meeting should be arranged as soon as possible and be held in London. At a Council Meeting on 30 November 1945 this letter was on the agenda and served to confirm earlier informal discussions that had originated with Dr Kon and had the full agreement of Mr Bacharach (Honorary Treasurer), Dr Harris and Dr Hammond. The Council agreed that Dr Harris should work out detailed recommendations which were to include meetings over several days in London combined with a tour of laboratories in the British Isles. The proceedings were to aim at providing an account of nutritional experiences in various countries, especially in occupied territories during the war, together with any great advances in nutritional sciences over the years since 1939. No organization existed at that time for establishing the necessary international contacts and much had to be improvised, not only on this score but also in the matter of accommodation for meetings, hospitality, travel and hotels in the postwar state of shortage and restriction of every sort. However, the Honorary Officers of the Society showed a brave determination to proceed with the planning. At an emergency meeting in February 1946 Sir Joseph Barcroft was asked to approach the British Council to

ascertain whether that body would be prepared to assist by arranging hospitality and financial help for overseas delegations. Generous financial assistance and practical help were forthcoming and thereafter plans progressed remarkably quickly under the energetic action of Dr Harris and Dr Cruickshank, who were fully involved in the huge task of the final detailed arrangements of the Conference.

The meeting, which was termed the European Conference of the Nutrition Society, took place from 4–20 July 1946. There were thirty-two official delegates from eleven countries, including Belgium, Czechoslovakia, Denmark, Finland, France, Netherlands, Norway, Poland, Sweden, Switzerland and USA. The British Council provided hospitality for the delegates at the Hotel Meurice, Lancaster Gate in London for the first 10 d that covered the scientific sessions at the London School of Hygiene and Tropical Medicine and visits to laboratories in London, Reading, Oxford, Cambridge and St Albans. The delegates then travelled to Scotland for visits to Edinburgh, Aberdeen, Glasgow and Ayr. Many interesting papers were presented at the conference and were printed in full in *Proc. Nutr. Soc.* (1946), 5.

One of the most important results of the Conference was a meeting on 8 July 1946 which discussed the proposal to form an 'International Union of Nutrition Societies'. This meeting was attended by representatives of most of the countries participating in the European Conference, by the Honorary Officers of the British Society and by observers from UNESCO and FAO. Three resolutions were adopted: (1) that this meeting favours steps being taken for the formation under the United Nations Organisation of an International Union representative of nutritional workers all over the world; (2) that encouraged by the success of the present European Conference, this meeting desires that an International Nutrition Conference should meet from time to time; (3) that the Honorary Secretary of the Nutrition Society, Dr L. J. Harris, be requested to approach leading nutritional scientists throughout the world and discuss with them how the foregoing resolutions could best be implemented.

The international approaches were duly made and a meeting of an International Provisional Committee was called in London on 10 and 11 June 1948 with representatives from Belgium, Britain, Canada, Denmark, Finland, France, Iceland, India, Norway, Netherlands, Poland, Sweden, Switzerland and USA. This Committee decided that the Union should be called the IUNS (International Union of Nutritional Sciences) rather than the International Union of Nutritional Societies. Its principal objects were defined as the exchange of information, organization of International Congresses and publication of results of scientific investigation. A Drafting Committee was set up to prepare statutes and by-laws. One problem was to decide how each individual country could best be represented in the Union. In ten or more countries national Nutrition Societies or similar bodies already existed and it was considered that these constituted appropriate national contacts. The national Societies would be responsible for appointing delegates to serve on the Union and for maintaining relationship with it in other ways. In a country where no national Nutrition Society had yet been formed, an *ad*

*hoc* Committee or Group of leading nutritional workers would be able to act in the same capacity. It had already been appreciated that it was important to establish affiliation with UNO and links with UNESCO, FAO and WHO were particularly needed. Subsequently IUNS was granted expert specialized consultative status in relation to the work of FAO and become a member of the Executive Committee of the Council for International Organization of Medical Science. Financial arrangements were left for discussion at a meeting in the following year at Copenhagen, 12–15 September 1949. By then more was known about fees due from the IUNS to the other international councils and the reasonable shares that might be expected from members of the IUNS. At the 1948 meeting a small Executive Committee was appointed to take the necessary action for furtherance of the affairs of the IUNS. Professor E. J. Bigwood (Belgium) was elected Chairman, Dr L. J. Harris (Britain) Secretary General and the other members of the Executive Committee were Professor B. C. P. Jansen (Netherlands), Dr E. M. Nelson (USA), Professor E. F. Terroine (France), Professor F. Verzar (Switzerland) and Mr A. L. Bacharach (Britain).

At the meeting in Copenhagen in 1949 matters of adjustment of financial contributions were decided in categories related to the size of Societies in the different countries. This meeting had some scientific sessions as well as its business meetings. It was held at the same time as a meeting of the International Council of Scientific Unions (ICSU) and it was hoped that this body might accept IUNS as a member. This was not achieved until after the Seventh International Congress in Hamburg in 1966 as ICSU made difficulties about the acceptance of Nutritional Science as a separate entity rather than a part of Biological Sciences. However IUNS was not frustrated in its plans for holding further meetings, and a Second International Congress was held in Basel on 1–4 October 1952, after another informal business meeting in New York on 11 September 1951, on the occasion of a meeting of the International Congress of Pure and Applied Chemistry, which served to facilitate the gathering of a number of eminent representative nutrition workers from many countries. At the Second International Congress in Basel there were 150 registered members from eighteen countries and twenty-five formal communications. Plans were made for the Third International Congress to be held in Amsterdam on 13–17 September 1954. On that occasion more than 360 registered participants came from thirty-two different countries and sixty-seven scientific papers were presented. The Fourth International Congress in Paris brought together more than 1000 members in 1957 and in Washington in 1960 more than 2000 assembled for a vastly varied programme of papers and discourses at the Fifth International Congress. The Sixth International Congress was held in 1963 in Edinburgh with about 1200 members, the Seventh in Hamburg in 1966, the Eighth in Prague in 1969, the Ninth in Mexico in 1972 and the Tenth in Kyoto, Japan in 1975.

In 1973 the Nutrition Society organized a European Nutrition Conference which met for 4 d in Cambridge and drew a large attendance from home and abroad. Its signal success encouraged the holding of a Second European Conference in Munich

in 1976. This too was a good meeting and a Third European Conference is planned for Uppsala in 1979. Again the Nutrition Society has been the initiator of a useful movement forward in enabling nutritionists to meet outside their own immediate orbits and thus keep up a strong exchange of ideas and information. Plans are in hand to put the European Conferences on a firmer basis by forming a Federation of European Nutrition Societies.

### *Publications*

Although the initial plans of the Society suggested that any publication of a journal was impracticable in wartime, it was clear after the first meeting that participants and members wanted a proper record of the proceedings. The possibility of a 'cyclostyled' circular was considered, but when costs of this were compared with those of a printed version it was obvious that the printed paper would be more satisfactory. So Heffers of Cambridge printed a small document which bore the title '*Proceedings of the Nutrition Society No. 1. (1942)*'. It contained a summary of contributions to the Inaugural Scientific Meeting, Cambridge, 18 October 1941 in twenty pages. For those who have retained this little document it is surely of great historical value.

After the second Scientific Meeting in February 1942, a general meeting was held and it was decided that efforts should be made to continue to publish in some form the papers and discussions of meetings of the Society. A Publication Subcommittee was set up and had its first meeting on 21 March with Sir Joseph Barcroft in the Chair and Dr Harris, Dr Kon, Dr Platt, Mr Bacharach and Dr Cruickshank present and an apology for absence from Dr Hammond. Estimates of cost of printing were presented by Dr Harris who also had correspondence with Sir Charles Wilson, President of the Royal College of Physicians. The Subcommittee unanimously agreed that in principle it was desirable to print the papers read at the Society meetings in full and to make them available to non-members in this country and overseas by publishing them in the form of a periodical. Essential points raised by speakers in the discussion should also be included. Both the papers and the account of the discussion should be subject to editorial supervision. The *Proceedings* could be published quarterly and include the transactions of both the English and Scottish Groups. As to policy after the war, the Subcommittee felt that the ultimate goal should be the publication of a Journal of Nutrition, including Communications read at meetings and also original scientific papers submitted for publication; review articles might be admitted.

The Honorary Secretary reported that Messrs Heffer & Sons had intimated that provided sanction was given by the Paper Controller there was no difficulty in setting aside the relatively insignificant amount of paper needed, of the order of 1 ton/year for four quarterly issues each containing ninety-six pages.

Possible methods of financing the projected journal, to be called *Proceedings of the Nutrition Society*, were considered: (1) acceptance of the financial help offered by Sir Charles Wilson on behalf of the Royal College of Physicians; (2) possible offers of co-operation from (a) British Medical Association, (b) Nutrition Abstracts

and Reviews, (c) Agricultural Education Society or other agricultural interests; (3) the members of the Society be invited to take financial responsibility themselves; this would probably involve setting up a trading company.

The Sub-committee believed that the Journal would soon become self-supporting and that the principal problems were in obtaining financial backing for floating it, and in obtaining official sanction. After full discussion of the advantages and disadvantages of the various alternative schemes, the Sub-committee unanimously decided to recommend to the Committee: 'that the Society gratefully accepts the offer of Sir Charles Wilson and the Royal College of Physicians of financial help, and feels that this would be most useful in the form of a Capital Fund to facilitate the launching of the Journal: furthermore that Sir Charles' offer of intervention with the Government authorities be accepted as part of the arrangement. The Journal at the outset should consist of the Proceedings of the meetings, containing the full versions of the papers read at the meetings and an abbreviated report of the discussion, to which would be appended a summary of 'Conclusions' or 'Editorial Reviews' for which an Editorial Committee alone would be responsible. The general management of the Journal would be in the hands of this Editorial Committee, which should consist of four or five members. Fairly wide advertising would be desirable at the start to make the new Journal known to prospective purchasers, especially those abroad'.

A joint meeting of Programmes and Publications Sub-committees was held at the London School of Hygiene and Tropical Medicine on 16 May 1942 with Sir Joseph Barcroft in the Chair and Mr Bacharach, Dr Hammond, Miss Hume, Dr Kon, Dr Platt, Dr Harris, Dr Cruickshank and Sir Charles Wilson attending. In the minutes of this meeting it is recorded:

*Projected Journal (Proceedings of the Nutrition Society)*

The Honorary Secretary reminded the Sub-committee that Sir Charles Wilson had offered to intervene with the authorities with the object of securing favourable consideration of an application for a licence to the Paper Controller. The application form was now ready, and he was seeking a recommendation from the Sub-committee to submit to the Main Committee to allow the matter to proceed. He referred to the estimates of the approximate cost of production and reported that he had had further consultation with Messrs Heffer & Sons. Their proposal would be to print 500 copies of the first issue and to hold the type for at least 12 months. After further discussions the following recommendations were made for submission to the Main Committee of the Society: that a separate Journal Fund be created; that the gift of £500 from the Royal College of Physicians, regarded as a guarantee fund returnable in 5 years, would be welcomed with gratitude; that issues of the journal should contain an expression in which it would be pointed out that 'publication could not have taken place but for the good services and generous assistance of the Royal College of Physicians.'

Sir Charles Wilson agreed to report back to the Royal College of Physicians on the lines of the foregoing statement. In November 1942 permission was received

from the Paper Controller to produce 1000 copies of the *Proceedings*, and the Publications and Programmes Committee agreed that publishing should begin under the supervision of an Editorial Board consisting of English and Scottish representatives with S. K. Kon as General Editor. Within 1 year final decisions on format and cover design were taken but actual publication of Nos. 1 and 2 of vol. 1 did not appear until March 1944 and these contained papers read at the first three English Meetings and the first two Scottish Meetings. Nos. 3 and 4 came out within a few months and contained two more English Meetings and two more Scottish Meeting where the Hot Springs Conference of May–June 1943 was in two issues, covering all the meetings held in 1943, eight in all, four English and four Scottish. This volume was particularly important, for it held the report of the Scottish Meeting where the Hot Springs Conference of May–June 1943 was discussed, with its far-reaching recommendations embodied in the general statement that every government should undertake to improve the nutrition of its people and continue to improve it until it reached a full health standard. Sir John Orr who had been at Hot Springs summarized that meeting and it was not long before he was called to take the responsibility of being the first Director of FAO. So once more the Nutrition Society was in the vanguard of organizations concerned with food and health.

There were distinguished visiting speakers at the Edinburgh meeting on Hot Springs, including Dr K. Evang from the Norwegian Ministry of Social Welfare London Office, Dr F. L. McDougall of Australia House, Dr Margaret Mead of USA and Dr Tomaszewski of Poland. This meeting was held in October and an English meeting in November discussed 'Post-war nutritional relief' under the Chairmanship of Lord Horder with Dr Evang again speaking for Norway, Dr E. Nobel talking of the situation in Vienna after the 1914–18 war, and others who had experience of rehabilitation after 1918 and those who would have responsibility for relief when the war ended.

In 1945 vol. 3 was published with the proceedings of the three English Meetings and three Scottish Meetings that took place in 1944. These included two extensive discussions of 'Budgetary and dietary surveys of families and individuals', a subject that was occupying much time of members of the Nutrition Society. Vol. 4 in 1946 contained the papers of seven meetings, four English Meetings and three Scottish Meetings held during 1945, with more emphasis on nutrients than in previous conferences and also the first paper concerned with 'Training qualifications and functions of dietitians'. Vol. 5 nos. 1 and 2, was published in 1946 with reports of two English Meetings and one Scottish Meeting, all of great value for they were concerned with 'Nutrition in Colonial Territories', 'The role of nutrition in social medicine' and 'Nutritional experiences in prisoner of war and internment camps in the Far East'. No. 3 was published in 1947 with reports of two meetings and reference to two others, then no. 4 came entirely devoted to the European Conference held in London 5–8 July 1946.

These five volumes of the *Proceedings* are the account of the first 5 years of the Society and are a remarkable tribute to the founders and the committee members



who gave so much time and energy to setting the Society on a firm basis in national and international work in nutrition. All the work of organizing meetings, preparing reports, caring for finances, editing and collating material for publication was done entirely voluntarily and by people who were at the same time heavily involved in working for the good nutrition of the nation in wartime. They still had enough residual energy to know that they wanted to proceed to their next goal of having a Journal of Nutrition which would be able to publish original papers as well as proceedings of conferences.

As early as 1944, the editors of *Lancet*, *British Medical Journal* and some other periodicals suggested that the Nutrition Society consider publishing a journal more extensive than the *Proceedings*, containing original papers on border-line subjects of medicine and nutrition and related fields for which there was no obvious outlet at that time. The Committee of the Society was of the opinion that wartime restrictions militated against larger publications.

In June 1946 the Council decided, after negotiations with the Cambridge University Press, that the time was now appropriate for the issue of a Journal of Nutrition and that the first number should be issued in the following year, at an estimated cost of 10–15s per member and £2 10s for non-members.

This decision was accepted at a General Meeting of the Society and contributions were invited in notices to members and in announcements to *British Medical Journal*, *Lancet*, *Nature*, *Chemistry and Industry* and *Veterinary Record*.

At a Council Meeting in December 1946, Dr Kon, Chairman of the Editorial Board, reported that the Board had approved the suggestions submitted by the Cambridge University Press for editorial procedures, directions to contributors, specimen pages of the Journal, referee and editorial report forms and a guide to style.

At a meeting of the English Group Committee in February 1947 Dr Kon reported that though papers were coming in slowly he hoped that the first number would be published in June or July. Proceedings of meetings were to be incorporated in the Journal and would contain short abstracts of papers read at Meetings for Original Communications, the first of which had just taken place.

At this time the members of the Editorial Board, under the Chairman Dr Kon, were the following: Miss E. M. Hume and Dr I. Leitch, who had a wealth of experience in editing *Nutrition Abstracts and Reviews*, Dr D. P. Cuthbertson, Dr J. N. Davidson, Dr R. C. Garry, Dr G. Graham, Dr J. Hammond, Dr L. J. Harris, Dr W. C. Miller, Dr B. S. Platt, Dr J. A. B. Smith and Dr F. Yates. The wide spectrum of knowledge of nutrition and related sciences which these members represented ensured the high standard of the Journal. It was a sad fact that the initial number had to appear with obituary notices of Sir Joseph Barcroft and Sir Frederick Gowland Hopkins, both of whom had helped to found the Nutrition Society. The loss of Sir Joseph in 1947 was a severe one as he was President and a most important member of all the committees of the Society. His successor, Dr John Hammond, proved a good replacement and a useful member of the Editorial

Board with his wide agricultural and animal nutrition interests. The first issue of vol. 1 came with the two obituary notices, five original papers and the proceedings of a Conference on 'Education in nutrition', held in Glasgow in February 1947. Nos. 2 and 3 followed with ten more original papers and proceedings of two Conferences and original communications read at three Meetings for Original Communications. The first meeting for reading short scientific communications was held in London in February 1947, the second on the occasion of the Annual Meeting in May 1947 and the third in Aberdeen in October 1947. From 1947 onwards Meetings for Original Communications were interspersed with the Conferences which came to be designated Symposium Meetings and this pattern has continued through the succeeding years.

By the time the sixth volume was published in 1952 the reputation of the *British Journal of Nutrition* was such as to attract a considerable offering of good papers and, with the inclusion of the *Proceedings*, pressure on space became great and the decision was taken to separate the *Proceedings* from the *Journal*. The Cambridge University Press was unable to undertake the extra printing and this was delegated to Messrs Lampport Gilbert of Reading, who still print all the Society notices and the *Proceedings*. The Cambridge University Press continued to be publisher and distributor of both the *British Journal of Nutrition* and *Proceedings of the Nutrition Society* and arrangements were made for distribution of the publications in USA by their agents. A notice was attached to no. 4 of vol. 6 announcing the change as follows:

'BRITISH JOURNAL OF NUTRITION

*Important Notice*

To print more original papers and to give more space to reports of Conferences of the Nutrition Society, beginning with 1953 the *Proceedings* of the Society will be divided from the *British Journal of Nutrition*. The Society will continue to issue annually four parts of the *Journal* (making one volume) but the space hitherto given to *Proceedings* will now be taken up by additional original papers, and the *Proceedings* will be issued separately twice a year.

The price of single issues of either *Journal* or *Proceedings* will be £1 10s apart, but there will be an inclusive subscription price of £6 for non-members of the Society, which will cover all the publications of the Society (four parts of the *Journal*, two parts of the *Proceedings*) issued in each year.

It is hoped to publish the first two parts of Volume 7 of the *Journal* together as a double number in March 1953 and to issue at the same time the first number of the separate *Proceedings*.'

For members of the Society there was a special notice as follows:

'All members of the Society in good standing will receive the *Proceedings* for their yearly subscription of £1 10s but the *Journal* will be sent only to those members who pay the additional subscription of £1 10s per annum.'

In dividing the *Proceedings* from the *Journal* the problem of numbering volumes was considered and it was agreed that the original five volumes should be included in the *Proceedings* numbering so that the separate volume published in 1953 became vol. 12 while the *Journal* was vol. 7. In 1953 the Editorial Board had as new members Mr A. L. Bacharach, Dr A. P. Meiklejohn and Dr A. T. Phillipson, replacing Dr Leitch, Dr Miller and Dr Platt. Dr Kon continued as chairman until 1965 when he was succeeded by Dr C. C. Balch. The enormous amount of office work arising from editing the *Journal* and *Proceedings* had been aided by the appointment in 1949 of Mrs Barbara Smyth as Editorial Assistant. She gave yeoman service in this capacity, and the National Institute of Research in Dairying at Shinfield continued to provide office accommodation until the end of Dr Balch's term as Chairman of the Editorial Board in 1970, when the chairman became Dr T. G. Taylor and the Editorial Office moved with him to Southampton. By 1960 pressure of work on the Chief Editor led to appointment of Editors of the *Proceedings*, one for English Meetings and one for Scottish Meetings. These Editors had the responsibility of collecting and preparing material for publication and took some of the load of correspondence and general work off the Editorial Office. Except for Mrs Smyth all editorial work remained honorary, and the high standard of both the *Journal* and *Proceedings* was due to the devotion of many busy people who found time to work on the publications. Under the present By-laws of the Society the Chairman of the Editorial Board is appointed by the Council for a term of 6 years, regardless of any previous service on the Editorial Board. The Editorial Board is appointed by the Council with due regard to the various aspects of nutritional science covered by papers submitted for publication, and its members also serve for 6 years and are not eligible for further service until 1 year has elapsed. The Honorary Editor and the Editorial Board have the responsibility for the employment of such paid officials as may be thought necessary for satisfactory production of the publications.

#### *Other activities*

*Co-ordination of Nutrition Surveys 1942–1947.* In 1942 Sir Wilson Jameson of the Ministry of Health convened a meeting attended by the Honorary Secretary of the Nutrition Society, to discuss the co-ordination of Nutrition Surveys, in particular standardization of methods of survey and allied topics.

The Nutrition Society strongly supported any scheme to further the study of nutritional conditions, and in 1943 an Advisory Committee on Nutrition Surveys was set up with Professor J. R. Marrack as Convenor. The following members were appointed: Professor A. W. Ashby, Sir Joseph Barcroft, Professor S. J. Cowell, Professor H. P. Himsworth, Dr J. O. Irwin, Dr S. K. Kon, Dr H. A. Krebs, Dr H. M. M. Mackay, Dr R. A. McCance, Dr H. M. Sinclair, Dr J. Yudkin, the Honorary Secretary of the Society and a representative of the Scottish Group.

Observers were invited from the Ministry of Health, Ministry of Food, Medical Research Council, Board of Education, Department of Scientific and Industrial

Research, Agricultural Research Council, Ministry of Supply, Ministry of Labour and the three Services.

A secretary was eventually required, and the cost of this was met by a grant from the Halley Stewart Trust of £300 per annum for 2 years.

At this stage the Committee on Surveys became involved also with Nutrition Education, and a conference on 'Budgetary and dietary surveys on families and individuals' was held in two parts in February and May 1944 in London. The activities of the Committee on Surveys continued to expand and in November Professor Marrack asked that his secretary should have an increase of salary and that negotiation with the Halley Stewart Trust might be renewed with a view of obtaining a larger grant. Sir Joseph Barcroft again took up the matter and in October 1945 a grant of £450 was given, but only for 1 year. At this time co-ordination of methods of survey in liberated countries also came under consideration and further discussion with the Ministry of Health on the problems of finance led by the end of 1946 to the decision that the work of the Committee on Surveys would be taken over by the Ministry of Health from 1 January 1947. All the business of the Committee and the secretarial work connected with it were taken over by the Ministry.

*Biological Council 1944–1964.* In September 1944 an informal meeting of representatives of various Societies proposed the formation of a Biological Council in order to co-ordinate the activities of those concerned with related subjects and to give advance notice of meetings so that overlap of dates might be avoided. Kindred subjects might also be jointly discussed and information exchanged usefully in many ways. The Nutrition Society sent delegates to the original meeting and continued to appoint representatives over the years and to make a small contribution to the cost of administration. This again was a wartime measure that had invaluable results in later years when meetings of societies and fields covered tended to proliferate, and only by careful planning could awkward clashes be avoided. In the Minutes of Council Meetings of the Nutrition Society there are always the brief, or occasionally extended reports from the delegates to the Biological Council. The work and functions of the Biological Council have now been taken on by the Institute of Biology and the co-ordinating services are run from its offices. In the early years, like many other activities, the services were in the hands of the Honorary Officers of the Societies involved and were one of their many contributions to the growth of knowledge in all biological subjects.

The importance of the work of the Biological Council increased as time went on and the Council was the UK representative on the International Biological Programme (IBP) which began in 1963. This rapidly expanded and in November 1966 a meeting of the Nutrition Society was devoted to 'The role of nutrition research in the International Biological Programme'.

At this meeting the discussion and papers presented were concerned with the part the IBP would play in increasing world food supplies. Dr Pirie, who opened the meeting, outlined the purpose and function of the IBP which had been set up in 1963 under the auspices of the ICSU. Since IUNS was not admitted to ICSU by

1963 it was not originally consulted, but the President of IUNS (Dr D. P. Cuthbertson) was given a place on the Special Committee for IBP (SCIBP) and his presence involved the Nutrition Society most usefully. The Royal Society had set up an IBP sub-committee on the use and management of biological resources and one on human adaptability. These committees were also attended by Dr Cuthbertson who gave a paper on 'Human nutrition in the use and management programme', while Dr Phillipson spoke on 'Animal nutrition in the use and management programme' and Dr Edholm set out the 'Aims of the human adaptability programme'. About 100 people attended the meeting and much valuable information was exchanged.

The Nutrition Society was involved more practically in several research projects. A team directed by Mr D. S. Miller took part in a nutrition education and survey project in the Simien area of Ethiopia, and Dr J. G. V. A. Durnin with a team from Glasgow made nutrition studies in Papua, New Guinea. A team from Reading University was concerned with acceptability and utilization of food protein, and an extensive study of protein-energy malnutrition and development of practical methods of control was made by a Swedish team in Addis Ababa. Other European members of IUNS were involved in studies of nutrition in Malawi, Kenya, Tunisia, Algeria and the Ivory Coast.

In 1957, the Biological Council also became concerned with a committee dealing with drug action. This set up a Co-ordinating Committee for Symposia on Drug Action on which the Nutrition Society was represented and duly involved in planning and taking part in the Symposia over many years. A Symposium was usually held in April of each year and reported in the Minutes of the Nutrition Society by the representatives. In 1966 the forthcoming Symposium on 'The interaction of drugs and sub-cellular components in animal cells' was announced and at the same time it was recorded that the future of the Symposia came under discussion. Some of the contributing societies wanted to see the finances simplified and it was suggested that the Biological Council should take over all the financial arrangements and that the Co-ordinating Committee should exist as a true sub-committee of the Biological Council. Each society affiliated to the Council would be invited to sponsor the Symposia at a fee of £1 per 100 members up to a maximum of £10 and with a registration fee of 30s. The meetings continued and provided a forum for discussion of many aspects of interaction of drugs and nutrients and the effect of nutritional planes on the response to drugs.

*Conference on 'Supply of experimental animals' 1945-1965.* In 1945 Dr Kon and Miss Hume were delegated to attend meetings of the Conference on 'Supply of experimental animals' which was to become an urgent postwar problem and later a problem of legislation. The matter was found so relevant to nutrition research that Dr Coward from the laboratory of the Pharmaceutical Society was appointed as a third delegate. The Laboratory Animals Bureau became an increasing supplier of good experimental animals and of information about the care of experimental animals. Dr Kon and Miss Hume continued to be the Nutrition Society

representatives attending its meetings until 1961 when they were replaced by Dr M. E. Coates and Dr A. M. Copping. Over the years the reports of the delegates to Council often contain illuminating notes on the progress of animal care and nutrition.

Close co-operation was maintained with the Research Defence Society and in 1964, when the Departmental Committee of Enquiry into Experiments on Animals with Sir Sidney Littlewood as Chairman was meeting, the President of the Nutrition Society wrote to the Secretary of the Nutrition Society stating that a firm resolution should be put at the next Council Meeting to the effect 'The Nutrition Society wishes to be associated in full with the recommendations and appendix prepared by the Research Defence Society. In addition it is furnishing the Committee with additional submissions concerning animal nutrition as the medical and veterinary submissions of the Research Defence Society are not, in this respect, as adequate as the Nutrition Society thinks desirable.' Accordingly the Home Office was informed that the Nutrition Society wished to be associated with the recommendations of the Research Defence Society Committee. Members of the Nutrition Society working in medical, veterinary, agricultural and other fields were invited to send in statements of views on use of experimental animals which would be collected and edited for submission to the Home Office. In due course these were incorporated in the final report of the 'Littlewood Committee' issued in 1965.

At this time too a new society was formed to pursue the needs of studying experimental work with animals, the Laboratory Animal Science Association with a new journal, '*Laboratory Animals*' and with occasional publication of *Laboratory Animal Handbooks*. The Nutrition Society was well represented in the new association and the long-continued interest of the Society in the care of experimental animals was reflected in the new venture.

*Royal Society of Health Examination Committee 1945–1969.* In 1945 the Nutrition Society formed a Nutrition Planning Committee which organized a scheme of providing training for caterers in canteens, factories, hospitals and other establishments where the nutritional quality of the meals was of primary interest. This scheme eventually became the responsibility of the (then) Royal Sanitary Institute. In 1948 the Nutrition Society Council resolved that the Nutrition Planning Committee be disbanded and that its members serve on the Nutrition Examination Committee of the Royal Sanitary Institute as individuals and not as representatives of the Society. This resolution was, however, never communicated to the Royal Sanitary Institute.

In December 1956, the (now) Royal Society of Health asked the Nutrition Society to review its representation on the Examination Committee. At a meeting in November 1957 the Nutrition Society Council discussed whether the Society should continue its association with the Examination Committee and the opinion was expressed that more information was needed before a decision could be taken. Representatives continued to be appointed until 1969 when some anxiety about the position of the Nutrition Society in relation to the examinations was felt and a

sub-committee of Professor T. R. E. Pilkington, Mrs E. Scott, Miss A. Brown and Dr E. M. Widdowson investigated the situation and recommended to the Council that the resolution of 1948 should now be implemented and the official connection between the Nutrition Society and the Examination Committee of the Royal Society of Health should be discontinued. It seemed that the arrangement may once have been beneficial to both societies, but there was no longer any evidence of advantage for either side. Moreover the Nutrition Society had no connection with any other examining body and it was not one of its functions to add prestige to examinations. The recommendation was endorsed by the Council and at the same time it was made clear that the recommendation was not a reflection on the standing of the examinations of the Royal Society of Health.

*Parliamentary and Scientific Committee 1948–1978.* In June 1948 the Council of the Nutrition Society agreed to become members of the Parliamentary and Scientific Committee and suggested that Mr Bacharach or his representative should attend meetings on behalf of the Nutrition Society. The Parliamentary and Scientific Committee is an unofficial group of members of both Houses of Parliament and representatives of certain scientific and technical organizations especially interested in science and technological affairs affecting the nation. In 1958, when a considerable report of activities was made, the membership included fifty-five Peers, 125 Members of the Commons and representatives of 104 organizations including scientific societies and research organizations. The Nutrition Society had two representatives who attended as often as possible and made an annual report to the Council. The Parliamentary and Scientific Committee met once each month and even when no specific nutritional points were raised the representatives of the Nutrition Society were of the opinion that it was useful for the Society to continue to be members as the Committee was a forum for discussion and could always have a voice in matters of national policy on food and nutrition.

*United Nations activities.* In June 1947 it was agreed that the Honorary Secretary of the Nutrition Society, Dr L. J. Harris, should serve as a representative on the Consultative Committee of the FAO. However, he found himself unable to act in this capacity and Professor J. R. Marrack was nominated in his stead. In 1948 Professor Marrack reported that he was somewhat pessimistic about the practical value of the activities of the Consultative Committee, but other Council members who had represented different societies on the Committee felt that some constructive proposals had been put forward and continued attendance was recommended. In 1949 the Council of the Nutrition Society recommended that Professor Marrack be invited to call an informal meeting of the non-official scientific members of the FAO Consultative Committee to consider its scope, powers and policy. Later that year Mr Bacharach reported that a tentative draft report of this informal meeting was being drawn up and the Council agreed that the activities should continue. However, no further comments appear to be recorded in subsequent Council Minutes.

*Conference on Standardization of Nomenclature Used in Biological Assay (COSNUBA) 1955–1963.* After the XIIIth International Congress of Pure and Applied Chemistry held in Stockholm in 1953 members of biological societies were asked to consider problems of nomenclature in biological assay. Accordingly in December 1955 the COSNUBA was called to discuss the desirability of getting some measure of uniformity in the terms and statistical symbols used in biological assay. At this meeting Dr L. J. Harris, President of the Nutrition Society, was elected Chairman of a Standing Committee, which had the aims of: (1) considering which terms and symbols might with advantage be standardized, (2) submitting specific proposals as far as practicable and (3) consulting with editors of scientific journals and with expert opinion in USA and Canada.

Other societies involved were the Biometric Society, the Biochemical Society, the Biological Methods Group, the Society for Endocrinology, the Pharmacological Society, the Statistical Research Unit, the International Union of Chemistry and the IUNS. Dr Harris and Mr Bacharach were the Nutrition Society representatives on COSNUBA and were the prime movers in making contact with scientific journals in USA and other countries. Brief reports of progress came to the Council of the Nutrition Society every year and in 1960 a more complete report of the activities and future outlook was promised. Unfortunate delays occurred at this stage and by 1962 no reports were forthcoming and a rather sad little note from Dr Harris in 1963 said that COSNUBA was moribund, if not defunct and that it seemed to be an instance of *felo de se!*

*Correspondence with the Royal Society 1956–1976.* In 1956 a request from the Nutrition Society to be represented on the National Committee for Biology was not granted on the grounds that there were other members of the National Committee who could speak adequately on nutrition. Correspondence with the Royal Society continued on the subject of admission of the IUNS to the ICSU and other important matters of national and international importance. In 1963 a Provisional British National Committee for Food Science and Technology was set up by the Royal Society and the Nutrition Society was then invited to send representatives. This led to a Provisional Committee for Nutritional Sciences and the Biochemical Society, the Physiological Society and the Society of General Microbiology were also represented. At a Council meeting in November 1964 the Nutrition Society elected as its representatives Professor R. A. McCance, Professor Sir Rudolph Peters, Mr N. W. Pirie and Professor A. T. Phillipson, with Dr K. L. Blaxter as reserve nominee. These members were chosen as persons who could further the entrance of IUNS to ICSU and could also give practical help and advice on the IBP which had been initiated under the auspices of ICSU.

By 1966 it was agreed that the representation of the Nutrition Society with reference to its adherence to IUNS should be transferred to the Royal Society and that the Honorary Secretary and the Honorary Treasurer of the Nutrition Society should be nominated as two of the representatives of the Nutrition Society on the provisional British National Committee for Nutritional Sciences. In September



1968 at a General Assembly of ICSU, admission was granted to IUNS as member and in the next meeting of the provisional British National Committee for Nutritional Sciences the Royal Society recommended that 'provisional' should then be removed. So the British National Committee for Nutritional Sciences was fully fledged. Its activities are nationally and internationally progressive in studies of requirements for nutrients and for use of SI units and other such matters that need all available expertise.

Throughout the 20 years of correspondence and connexion with the Royal Society, the Nutrition Society was always helped by the advice and co-operation of the late Dr D. C. (later Sir David) Martin who never failed to give his time and attention to our problems.

*Honorary Overseas Correspondents.* At a Council Meeting in March 1953 a suggestion was endorsed that Honorary Overseas Correspondents might be appointed to help stimulate interest in the Society and its publications and a committee was set up to select appropriate correspondents. In February 1954 a letter was sent to twelve countries inviting members there to arrange local publicity, including details of meetings which could be sent to them by airmail well in advance so that anyone planning to visit the UK would have early notice of forthcoming programmes. All those invited to become Overseas Correspondents were already members of the Nutrition Society and it was hoped might encourage others to join. This indeed became the result and in USA, where many new members were recruited, subscriptions were collected by an enthusiastic correspondent and transferred *en bloc* to the Treasurer in London.

### *Epilogue*

In his brief note on the history of the Nutrition Society in 1963, Dr Harris paid due tribute to the founders and to many others who served the Society well at its beginning and during its growth. The extended history recounted here indicates the dedicated service of the many voluntary workers on committees and as Honorary Officers who have built up the Society to its present flourishing state. The list of Past Officers (p. 138) gives the names of those who have successfully directed its affairs, but there are many others who have given much help in diverse ways. In 1949 three of the founders, Lord Boyd Orr, Dame Harriette Chick and Sir Charles Martin, were honoured by the Society by being elected Honorary Members. In 1952 Professor E. V. McCollum of Johns Hopkins University, Baltimore, who had given welcome and encouragement to the Society from its beginning, was made an Honorary Member, and in 1953 Professor R. McCarrison was added to the Roll of Honour for his great work in the field and his support of the Society. Professor B. C. P. Jansen of Amsterdam joined the list in 1953, and in 1962 Sir Randolph Peters and Professor E. F. Terroine of Paris were elected. Professor S. K. Kon was elected in 1968 and in 1973 Professor R. A. McCance and Professor P. György. Dr Cicely Williams became the second woman to be honoured for her contribution to the understanding of deficiency diseases in 1974

and Dr E. Kodicek was also elected in that year. In 1976 Sir David Cuthbertson, Dr J. A. B. Smith and Dr Elsie Widdowson were elected. Of the three original Honorary Members, Sir Charles Martin died in 1955 aged 89 years, Lord Boyd Orr in 1971 in his 91st year while Dame Harriette Chick celebrated her century in 1975 and lived until July 1977, alert in mind but somewhat impatient of her physical limitations. It would seem that nutritional interest must contribute to longevity, for most of our other departed friends have reached at least 75 years of age as will be observed by a study of Obituary Notices in the *British Journal of Nutrition*. There are relatively few such notices, for the editorial policy from the beginning was that such notices should be published only for particularly distinguished members who had given special service to the Society.

The men and women who have done so much for the Nutrition Society have by their research and inspiration in many fields built up the tradition of nutrition in this country and to a great extent overseas also. Their names are known and honoured in areas that were part of the Commonwealth and are now independent but still send their young people to be trained in the UK where the foundations of nutrition are recognized to live and advance. This applies too in the wider international field where the British participation in the IUNS from its initiation is still an important contribution to the health of nations.

### *Officers of the Nutrition Society (past and present)*

#### *President*

The Rt Hon the Lord Boyd Orr	1942-5
Sir Joseph Barcroft	1945-7
Sir John Hammond	1947-50
R. C. Garry	1950-3
L. J. Harris	1953-6
Dame Harriette Chick	1956-9
A. L. Bacharach	1959-62
Sir David Cuthbertson	1962-5
S. K. Kon	1965-8
J. A. B. Smith	1968-71
E. Kodicek	1971-4
Sir Kenneth Blaxter	1974-7
Elsie M. Widdowson	1977-

#### *Honorary Secretary*

L. J. Harris	1942-7
S. J. Cowell	1947-53
G. H. Bourne	1953-7
R. J. L. Allen	1957-62
Dorothy F. Hollingsworth	1962-5
D. S. Miller	1965-70
G. L. S. Pawan	1970-5
D. J. Naismith	1975-

#### *Honorary Treasurer*

A. L. Bacharach	1942-52
A. J. Amos	1952-7
W. F. J. Cuthbertson	1957-62
A. E. Bender	1962-7
J. C. McKenzie	1967-72
J. P. Greaves	1972
D. H. Shrimpton	1972-7
Patricia P. Scott	1977-

#### *Chairman of Editorial Board*

S. K. Kon	1942-65
C. C. Balch	1965-70
T. G. Taylor	1970-6
G. A. J. Pitt	1976-

#### *Programmes Secretary*

G. H. Bourne	1947-53
R. J. L. Allen	1953-7
Dorothy F. Hollingsworth	1957-62
I. Macdonald	1962-5
H. Fore	1965-66
Marie E. Coates	1966-71
J. D. Sutton	1971-6
M. R. Turner	1976-

**Scottish Secretary**

J. S. Thomson	1942-3
J. A. B. Smith	1943-8
E. C. Owen	1948-53
K. J. Carpenter	1953-6
J. Davidson	1956-61
D. G. Armstrong	1961-4
C. F. Mills	1964-7
J. L. Clapperton	1967-72
N. F. Suttle	1972-6
Margaret I. Chalmers	1976-

**Proceedings Editor (English Group)**

Anne Hobson	1962-4
Alice M. Copping	1964-8
J. P. Greaves	1968-70
Joan M. L. Stephen	1970-4
D. J. Naismith	1974-5
M. R. Turner	1975-6
Muriel A. K. Westland	1976-

**Proceedings Editor (Scottish Group)**

E. C. Owen	1965-70
A. C. Field	1970-5
Dorothy Duncan	1975-

**Honorary Members***(with date of election in parentheses)*

Sir Rudolph Peters	(1962)
Professor S. K. Kon	(1968)
Professor R. A. McCance	(1973)
Dr E. Kodicek	(1974)
Dr Cicely D. Williams	(1974)
Sir David Cuthbertson	(1976)
Dr J. A. B. Smith	(1976)
Dr Elsie M. Widdowson	(1976)

**Past Honorary Members**

The Rt Hon the Lord Boyd Orr	(1949)
Dame Harriette Chick	(1949)
Sir Charles Martin	(1949)
Professor E. V. McCollum	(1952)
Professor B. C. P. Jansen	(1953)
Sir Robert McCarrison	(1953)
Professor P. György	(1973)