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## HEBRIDEAN ISLAND

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[countries it is recognized as a high source of energy primarily because of the sugar and chocolate which when combined with minerals to the energy factors as expressed in calories](#)  
[It was formerly thought that dental caries which was so rampant in the greater portion of Switzerland was due in part to low iodine content in the cattle feed and in other food because of iodine deficiency in the soil large numbers of former generations suffered from clinical goiter and various forms of thyroid disturbances that this is not the cause seems clearly demonstrated by the fact that dental caries is apparently as extensive today as ever before if not more so while the iodine problem has been met through a reinforcement of the diet of growing children and others in stress periods with iodine in suitable form indeed the early work done in Cleveland by Crile, Marine and Kimball was referred to by the medical authorities there as being the forerunner of the control of the thyroid disorder in these communities](#)

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[Bad as these conditions were we were told that they were better than the average for the community the ravages of dental caries had been strikingly evident as we came in contact with the local and traveling public as we had at St. Moritz we found an occasional child with much better teeth than the average usually the answer was not far to seek for example in one of the St. Moritz groups in a class of sixteen boys there were 158 cavities or an average of 9.8 cavities per person fillings are counted as cavities in the cases of three other children in the same group there were only three cavities and one case was without dental caries two of these three had been eating dark bread or entire grain bread and one was eating dark bread and oatmeal porridge all three drank milk liberally](#)  
[When looking here for the source of dairy products one is impressed by the absence of cows at pasture in the plains of Switzerland areas in which a large percentage of the entire population resides true one frequently sees large dairies or creameries but the cows are not in sight on asking the explanation for this I found that a larger quantity of milk could be obtained from the cows if they were kept in the stables during the period of high production indeed this was a necessity in most of these communities since there were so few fences and during the time of the growth of the crops including the stock feed for the winter's use it was necessary that the cows be kept enclosed about the only time that cows were allowed out on pasture was in the fall after the crops had been harvested and while the stubble was being plowed](#)  
[Among the children in St. Moritz and Herisau those groups with the lower number of cavities per person were using milk more or less liberally of the total number of children examined in both places only 11 per cent were using milk in their diets whereas 100 per cent of the children in the other districts that provided immunity were using milk nearly every child in St. Moritz was eating white bread in Herisau all but one of the children examined were eating white bread in whole or in principal part](#)  
[Since so many cattle were stall fed in the thickly populated part of Switzerland and since so low a proportion of the children used milk even sparingly I was concerned to know what use was made of the milk numerous road signs announcing the brand of sweetened milk chocolate made in the several districts suggested one use this chocolate is one of the important products for export and as a beverage constitutes a considerable item in the nutrition of large numbers living in this and in other](#)