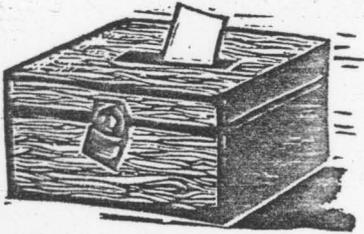
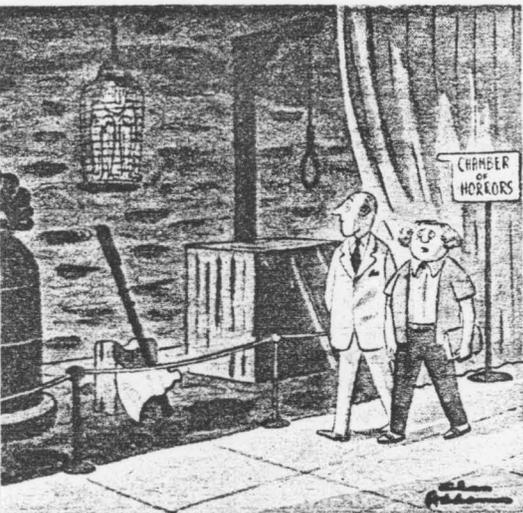


inations

By a 2-to-1 vote, we have effectively instructed and authorized the plants in the area to decide that safety precautions are out on the good sense. This vote was a recognition that our dependence on foreign oil can be relieved only by striking a balance between protection (which should be adequate) and the U.S. supplies of energy (which are essential to a balanced economy). And what makes sense for atomic power is also true for abundant coal and more drilling for oil and natural gas.



...ing to prevail over emotional demands to break up the Connecticut's Rep. Ronald A. Sarasin, who believes in his own rather eye on business, recently said: "...the facts and arguments for divestiture." And Senator Adlai E. Stevenson, originally favored the oil bust-up, now warns that he may be in a weaker position from which to bargain for supplies at reasonable prices."



...al agency recently wrote Senators and Congress- men and inadvertently included two lines of printing they sent out a second letter correcting that error. ...agency? The Commission on Federal Paperwork, ...ators' ideas for reducing same.

...like. From 19th Century clergyman/author James H. Drake: "A politician thinks of the next election; a statesman thinks of the next generation."

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Letters

Irwin, the informant

So that's what happened to Irwin Nadborn ("Don't call me an informant" by Nicholas and Joan Gage, July 11)!

I can't believe this is the same Irwin Nadborn I grew up with. Looking back, Irwin was certainly irresponsible, but not what I'd classify as always in trouble. Now he's playing cops and robbers for real and seems to be doing a good job of it.

However, I would like to take exception to the description of Irwin's background: "He was sent away to boarding school to escape the bad influence of neighborhood kids." As one of the neighborhood kids, I would like to state that *nobody* on Rockaway Parkway was ever sent to boarding school. None of our folks had money for boarding school. Also, I never considered myself, my brother Jerry, or any of the other kids on the block a bad influence.

PHYLLIS GURALSKY SCHECKNER
Bayside N.Y.

Pulling the plug?

So Richard Hall and Michael T. Kaufman ("Black victory in Rhodesia: How bloody will it be?" and "From an embattled land," July 11) are preparing to pull the plug on a quarter of a million white settlers in Rhodesia.

Behind Mr. Hall's thinly veiled snobbery toward Rhodesian's lower-class origins, swimming pools and servants, one senses petty carping and envy of today's mini-Britain. Would Mr. Kaufman be as critical were he writing about the Israelis with their backs to the wall? Instead of offering some moral support to the whites of Rhodesia—who have built a viable, working society out of the barbarism they found 75 years ago—the liberal establishment is preparing, with obvious sadistic pleasure, for a supposed blood-bath. And, no doubt, when Rhodesians arrive on these shores as refugees, these same liberals will be in the front ranks offering more advice.

ALAN F. P. MOYLER
Redding, Conn.

Suspicious about sugar

Jean Mayer and I have over the years disagreed on a few points of nutrition. His piece on "The bitter truth about sugar" (June 20) has a number of points I wish to take issue with:

(1) Mayer referred to the sugar content of breakfast cereals and mentioned one containing 58 percent sugar and another 70 percent, yet he fails to mention three recent independent studies—all done with relatively large numbers of children over substantial periods of time—showing that dental decay was not influenced by consumption of breakfast cereals, with or without sugar. Neither did he mention the well known anticariogenic effect

of milk, and 95 percent of breakfast cereals are consumed with milk.

(2) Mayer dwelt a great deal on the degenerative and metabolic diseases—atherosclerotic diseases of the heart and blood vessels, cancer, diabetes, etc. He wrote: "Diet and mode of life are involved in these new pandemics." With this statement I completely agree, but with his frequent implication and innuendo that "the sugar content of our diet" is the chief culprit, I emphatically disagree.

(3) Mayer wrote: "Purveyors of health foods and 'natural foods' enthusiasts are unanimous in their statements that white sugar is toxic." But why didn't he follow with a statement that they are unanimously wrong, as he knows they are, in most of the nutritional nonsense they peddle?

(4) Mayer wrote: "There is a strong suspicion that a large sugar intake may be causally related to diabetes." He, and perhaps a few others, may have some "strong suspicions" about this, but the facts do not support [them]. The suspicions and innuendoes are very effective in unnecessarily frightening the public about the safety of our food supply, but they sound more like a consumer activist than a rational scientist.

FREDRICK J. STARE, M.D.
Department of Nutrition,
School of Public Health,
Harvard University
Boston

Dr. Jean Mayer replies:

The conviction that sugar is a good and useful food has long been one of Dr. Stare's blind spots. For readers who may not have seen my original article, the following points should be clarified:

Short-term comparisons of the use of a presweetened cereal containing 70 percent sugar, as part of a diet habitually high in sugar, with use of an unsweetened cereal with sugar added at table, may not reveal immediately-measurable additional cariogenic activity due to the sticky sweet cereal. This does not make it a good food or good for dental health.

Dr. Stare's other items suggest, at best, an emotional reaction to the threat to sugar, rather than a careful reading of the article. I pointed out very emphatically that while the evidence linking sugar to poor dental health is overwhelming, the evidence on sugar and diabetes is not conclusive, and the evidence on sugar and heart disease is at best poor and fragmentary. I also pointed out that the health-food groups, which represent the other extremist fringe, make wildly exaggerated statements on the dangers of sugar which are just as unfounded as claims for the safety of large amounts. (On this last point, I indicated both the positive and negative evidence, respectively, confirming and negating the causal relationship between sugar and diabetes.) Dr. Stare's letter is an unhappy reminder that [those] groups favorable to the sugar interests are as addicted to extravagant statements and distortions of fact as are the extreme antisugar groups whose pronouncements they deride. ■