

Papers from
**The Harvard Department of
Nutrition**

Foreword

HARVARD'S Department of Nutrition is honored and pleased to have been invited to contribute this issue of THE AMERICAN JOURNAL OF CLINICAL NUTRITION.

This department was organized on July 1, 1942, through the vision of the late Dr. Cecil K. Drinker, then Dean and Professor of Physiology in the School of Public Health, and Dr. A. Baird Hastings, Emeritus Professor of Biological Chemistry in the Harvard Medical School. A grant from the International Health Division of the Rockefeller Foundation launched the Department of Nutrition. In addition, both the health school and the medical school contributed funds. When the five-year grant from the Rockefeller Foundation terminated, the School of Public Health increased its support of the Department substantially. In addition, generous support has been obtained from other foundations, industry (both domestic and foreign), various branches of the federal government (Public Health Service, Army, Air Force, International Cooperation Administration), and from a few private citizens. To those who have helped support our work we are most appreciative, not only for the funds and the freedom given in their use, but also for the genuine interest our various donors have shown in our work.

Like the science of nutrition and its application to current medical and health problems,

the Department has grown. From an initial group of four workers the Department has increased in size and activity until for the last few years there have been some eighty workers associated with it. Each of them has played an important part in our work, particularly my colleague Dr. David Mark Hegsted, who with myself made up half of the starting team.

From the beginning we have welcomed cooperative studies not only with our colleagues at Harvard and in Boston hospitals but also with those in other universities and countries. Our first research project dealt with parenteral nutrition, specifically the preparation of fat emulsions suitable for intravenous use. This research has developed many side chains—a vehicle for administering fat-soluble carcinogens and anticarcinogens, emulsions of vitamin K₁ (now available commercially) as an antagonist for certain types of anticoagulants, and fat emulsions as a nutrient for tissue culture studies. About six months ago a fat emulsion suitable for intravenous use became available commercially. We are still working on the basic problem of parenteral nutrition, now trying to combine protein with the fat emulsion. Obesity is another problem to which the Department has devoted considerable attention for a long time. Currently our major research effort involves a number of problems related to atherosclerosis.

While most of the papers presented here properly deal with various clinical studies, we have included a few in the area of nonclinical studies to emphasize the importance of such studies to the broader field of human nutrition. We hope that the variety of these papers will illustrate some of the many ways that nutrition enters into medicine, public health,

and the basic aspects of the natural sciences.

FREDRICK J. STARE, M.D.
Professor of Nutrition and
Head of the Department
Harvard School of Public Health
Boston, Massachusetts

