
Reprint requests: Dr. Niles, University of Oregon Medical School, Portland, Oregon 97201

**NUTRITION AND AGING**

There is perhaps no field in which biologic and social factors are so intertwined as in eating. Numerous studies have shown the relation between psychologic and nutritional problems. Since eating is frequently a form of compensatory behavior and related to deep emotional drives, food habits of the neurotic are not easily changed. There are, however, today millions of aging persons who are becoming interested in the preservation of health and vigor and who believe that they are willing to follow any prescribed plan in order to remain healthy. No doubt the majority hope for a pill which will solve all their problems, but many would be willing to revise eating habits if they were sure that advice available to them is authentic.


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