Drug Dosage
The author and publisher have exerted every effort to ensure that drug selection and dosage set forth in this text are in accord with current recommendations and practices at the time of publication. However, in view of ongoing research, changes in government regulations, and the constant flow of information relating to drug therapy and drug reactions, the reader is urged to check the package insert for each drug for any change in indications and dosage and for added warnings and precautions. This is particularly important when the recommended agent is a new and/or infrequently employed drug.

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Investigations of the last 2—3 decades drew the attention to the fact that nutrition in early childhood has consequences for the physical and mental development of humans. For instance, it was found that the rapid weight increase in the first 6—12 months of life is partly responsible for the obesity of adults. Our knowledge, however, about these relations was until recently limited to some extent. Therefore, the Group of European Nutritionists - following a suggestion of Prof. Haenel — held in Jena a symposium on this interesting and important topic. This book contains the lectures presented at this meeting.

Mother milk is the ideal nourishment for infants. This is not only due to its high nutritional value, but also because its composition (protein and fat content, salt concentration, etc.) is well adapted to the human organism. According to recent publications, morbidity and mortality due to various infectious diseases are lower in breast-fed infants than in artificially fed babies. The situation is similar in many other respects, e.g., growth of children {Hambraeus; Heine and Lapsien).

Severe malnutrition of human infants has not only lasting effects on brain development and behaviour in later life but causes alteration of non-specific immunity and anti-infectious resistance {Cremer, Frankova, Miler). It is interesting to mention that relations exist between hormone metabolism, nutrition and brain development {Dorner).

Obesity of infants and children should be combatted — not only since it predisposes to adult overweight, but also because it is a potential risk factor for several chronic degenerative diseases in later life {Spahn, Plenert, Petrich et al). Not only overnutrition but also restricted food intake has serious consequences, as it was shown, among others, by epidemiological investigations in the period of famine in Germany. But if the famine is transitory, as it was in Germany in 1945/46, no consistent health damages are observed {Kiibler).
Further contributions are excellently dealing with the following interesting topics: the role of protein nutrition as well as of carbohydrate nutrition in early infancy for the later life (Shaternikov et al.; Griitte and Noak); the interesting question of the possible consequences of high salt intake in youth for the hypertension in adulthood (Krecek et al.); the effects of foreign substances in the environment of the fetus and in its food for later life (Lewerenz). Finally, the effects of infant and child nutrition on serum lipids and the later consequences are very well discussed by Hautvast et al. and Widhalm. A special debt of gratitude is due to the authors and to all those who have contributed to the publication of this book.

In conclusion, I would like to thank Prof. Haenel, co-editor of this volume, Prof. Plenert and the other members of the German Steering Committee for the outstanding organization of this symposium.

Rüschlikon-Zürich, July 1982

Prof. Dr. J.C. Somogyi