

Micronesian Nutrition Bibliography¹

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INTRODUCTION

The outline for the work was patterned after that of Robert J. Fanning's "Pacific Islands Nutrition Bibliography," published by the University of Hawaii Press in 1951.

The geographic index includes primarily those areas of the Pacific called Micronesia. General Pacific or tropical subjects will be found under Oceanica, as well as a few selected Hawaiian and Filipino references applicable to Micronesia. Besides Oceanica and Micronesia, specific island groups such as the Marianas, Carolines, and Marshalls are indexed.

The subject index includes bibliographies, chemical composition of food, chemistry of soils, water, etc., dental conditions, dietary studies, diets, foods and their preparation, and physical status.

The aim of Fanning's work was to include all publications covering these subjects through June, 1950. The aim of this bibliography is to include all Micronesian references since that time through June, 1970.

This bibliography was produced as a special home economics research project (HE 390), University of Guam, Spring 1971, under the direction of Carolyn Gerhold.

ANNOTATED BIBLIOGRAPHY

- Abel, M. G. 1954. Teaching nutrition in the melting pot of the Pacific. Amer. Dietetic Assoc. J. 30:148-154.
- Allen, B. M. 1967. Malayan fruits, an introduction to the cultivated species. Singapore, Donald Moore Press, Ltd., 245 p.
[Contains description of plants and their fruits, instruction on use, and recipes.]
- Andersen Air Force Base Non-commissioned Officers Wives Club. 1964. Micronesian cooking. Guam, 27 p.
[Collection of recipes from previously printed Guam recipe books.]
- Arnow, T. 1954. The hydrology of the Northern Marshall Islands. Atoll Research Bull. 30:1-7.
[Includes the water supply, its uses, and a chemical analysis.]
- . 1955. The hydrology of Ifalik Atoll, Western Caroline Islands. Atoll Research Bull. 44:1-15.

¹ Contribution No. 1, Micronesian Area Research Center

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[Includes water supply, how it is used and a chemical analysis.]

———. 1956. The hydrology of atolls. Eighth Pacific Science Congress, Proc. IIIA:919-922.

[Freshness of water.]

Barnett, H. G. 1949. Palauan society, a study of contemporary native life in the Palau Islands. University of Oregon, CIMA report No. 20:1-225.

[One section explains food supply and how it is obtained.]

Barrau, J. 1955. Easily-grown semi-aquatic vegetable is highly edible. South Pacific Bull. 5(3):19-20.

[*Ipomea aquatica* Forsk. (In Guam known as Kangkang) a description of the plant and table of nutritional value.]

———. 1956a. Polynesian and Micronesian subsistence agriculture. Noumea, South Pacific Commission, 139 p.

[Duplicated]

———. 1956b. Useful fruit tree for atolls. South Pacific Bull. 6(2):40.

[Quick growing tree recommended for atolls, *Muntingia calabura* (grows readily in Guam).]

———. 1957. Les plantes alimentaires de l'Océanie: origines distribution et usages. Thesis (Ph. D.) University of Aix-Marseilles.

[Pub: Marseilles, Musee Coloniale Annales, 1962.]

———. 1961. Subsistence agriculture in Polynesia and Micronesia. Bernice P. Bishop Mus. Bull. 223:1-94.

[Explains food production, preparation and preservation using locally grown plants; nutritive value is given.]

———. 1965. Witnesses of the past. Notes on some food plants of Oceania. Ethnology, Sydney 4(3):282-294.

Bryan, E. H., Jr. n.d. Life in Micronesia. Kwajalein, Hourglass.

[Series of articles entitled 'The Marshalls and the Pacific' reprinted from the Hourglass, 1965-1966. No. 12, 'Making a living on an atoll' describes the staple foods, their use, preparation and Marshallese names.]

Buck, P. H. 1950. Material culture of Kapingamarangi. Bernice P. Bishop Mus. Bull. 200:1-291.

[The section on food, pp. 7-50, describes methods and utensils for preparation; detailed description is given for uses of the coconut, pandanus, breadfruit, and taro.]

Burrows, E. G. 1952. From value to ethos on an atoll. Southwest J. Anthropol. 8(1):13-35.

[Daily life, use of taro swamps.]

Burrows, E. G., and M. Spiro. 1953. An atoll culture, ethnography of Ifaluk in the Central Carolines. Behavior Science Monographs, 355 p.

[Uses of available plants and animals as food.]

Cadell, P. B. 1957. Dental caries in Nauruan school children. South Pacific Bull. 7(3):22-23.

- [Discusses changes in food habits and the possibility of flouridation.]
- . 1958. A public dental health programme for Nauru. Univ. Otago thesis.
- . 1960. Dental health in South Pacific territories. South Pacific Commission Tech. Paper 131:1-13.
- [A survey of dental diseases and other problems of many Pacific Islands; notes present dental services and makes recommendations for further progress.]
- Camacho, L. 1967. Island greenery buffet. *Glimpses of Guam*, pp. 45, 129-132.
- [Description of Guamanian foods and methods of preparation, including recipes.]
- Chan, G. L. 1967. Health problems of coral atoll populations. *South Pacific Bull.* 17(3):24-26.
- [Discussion includes food and nutrition.]
- Cloud, P. E. 1958. Military geology of Saipan, Mariana Islands, Vol. II, Water resources. U. S. Geological Survey, 98 p.
- Coenan, J., and J. Barrau. 1961. The breadfruit tree in Micronesia. *South Pacific Bull.* 11(4):37-39, 65-67.
- [Description of trees and fruits as well as methods for preparation.]
- Conard, R., *et al.* 1960. Medical survey of Rongelap people five and six years after exposure to fallout. Washington, Office of Technical Services, Dept. of Commerce, 86 p.
- Cox, D. C. 1951. The hydrology of Arno Atoll, Marshall Islands. *Atoll Research Bull.* 8:1-29.
- [Discusses ground water and rain catchment.]
- Eusebio, E. C., and J. G. Palad. 1966(1967). Vitamin A content of Philippine foods. *Philippine J. Sci.* 95(2):199-207.
- Fischer, A. M. 1954. The role of the Trukese mother and its effect on child training. Radcliffe Univ. thesis.
- [A detailed account of feeding, diet and care of children during infancy.]
- Fischer, J. L. 1957. The Eastern Carolines. Human Relations Area Files Press, 176 p.
- [Discusses natural resources and consumption.]
- George Washington High School. n.d. Typing I Class. Finahafkao. n.p.
- [Popular Guamanian recipes collected as a class project and mimeographed.]
- Gerlach, J. C. 1956. Cultivation of the banana. *South Pacific Bull.* 6(1):32-37.
- [Primarily concerned with cultivation but also includes a table of food values for five species.]
- Glassman, S. F. 1952. The flora of Ponape. *Bernice P. Bishop Mus. Bull.* 209: 1-152.
- [A section on agriculture and economic botany, pp. 11-22, describes how many plants are used including basic food and beverage plants.]
- Gressitt, J. L. 1952. Description of Kayangel Atoll, Palau Islands. *Atoll Re-*

search Bull. 14:1-5.

[Describes water supply and food plants grown.]

Guam Womens' Club. n.d. Cook book. (Agana, Guam) 120 p.

[Recipes for local Guamanian foods included.]

———. n.d. Cookbook. (Agana, Guam) 193 p.

[Includes recipes for Guamanian foods.]

Guam Womens' Club. n.d. Show book of cooking. (Agana, Guam) 112 p.

[Recipes for Guamanian dishes included.]

Han, G. Kian. 1965. The nutritional value of milk substitutes prepared from selected taro products, tofu and coconut milk. Univ. Hawaii thesis.

Hankin, J., *et al.* 1970. Dietary and disease patterns among Micronesians. *Amer. J. Clinical Nutrition*: 23(3):346-357.

[A study made of a group of Chamorro families living in Guam, Rota, and the mainland United States; other Micronesians included were from Palau, the survey included males and females comparing their caloric intake and the percentage of protein, fat, and carbohydrate in their diet.]

Hartmann, E. W. 1947. Prevalence of dental caries in two groups of children in Micronesia. *Amer. Dental Assoc. J.* 35:735.

Henderson, S. 1967. Exotic fruit cookbook. Los Angeles, Henderson Publications, Inc., 32 p.

[Recipe book for unusual tropical fruits with notes of when available, how to choose, store, and prepare.]

———. 1967. Odd vegetable cookbook. Los Angeles, Henderson Publications, Inc., 32 p.

[Recipe book for unusual tropical vegetables with notes on how to choose, store, and prepare them.]

Hetzel, A. M. 1959. Health survey of the Trust Territory of the Pacific Islands. *U.S. Armed Forces Medical J.* 10(10):1, 199-201, 222.

Hipsley, E. 1951. Child nutrition in the South Pacific. *South Pacific Bull.* [not seen]

———. 1953. A note on the processing and storage of cereals in tropical climates. *South Pacific Bull.* 3(2):15-16.

[Keeping qualities of rice, flour, and wheat in the tropics.]

Hollands, H. de. 1964. Improving nutrition at the village level. *South Pacific Bull.* 14(2): 44.

[Nutrition and subsistence farming are subjects of seminar.]

Holmes, S. 1953. Nutrition survey in the Gilbert Islands. *South Pacific Health Service.*

———. 1956. Public health nutrition programmes in the Pacific islands. *South Pacific Bull.* 6(2):13-15, 41-42.

[Describes programs designed to improve the health of the islanders.]

Howe, E. D. 1964. Solar distillation on Pacific atolls. *South Pacific Bull.* 14(2):57-59.

[Descriptions of several methods of distilling that could be simply constructed on an atoll; designs and plans included.]

Hurst, J. V., and J. Barcinas. 1967. Tropical fruits of Guam. *Glimpses of Guam*, pp. 47, 125-127.

[Short description of fruits and their uses, with photo illustrations for easy identification.]

Jaffe, A. A. 1959. Dental services in the United States Trust Territory. *South Pacific Bull.* 9(2):45-46, 56-57.

[Description of conditions and services for Micronesia; short note on the effects of betel chewing on the teeth.]

———. 1961. A milestone in Trust Territory dental progress. *South Pacific Bull.* 11(3):55, 72.

[Accomplishments of the School of Dental Hygiene.]

Jardin, C. 1967. Food and dietary habits in Micronesia. *South Pacific Commission Field Report*, 5 p.

[mimeo.]

Joseph, A., and V. F. Murray. 1951. *Chamorro and Carolinians of Saipan*. Cambridge, Mass., Harvard University Press, 381 p.

[Chapter 4, "Health and Physique," pp. 92-118, describes in detail the physical and nutritional status of the people studied; this is also shown by percentages in a chart on p. 328.]

Kay, D. E. 1967. The processing of banana products. *South Pacific Bull.* 17(2):37-41.

[A description of a variety of methods used for preserving, using, and storing bananas.]

Kennard, W. C., and H. F. Winters. 1960. Some fruits and nuts for the tropics. U.S.D.A. Agricultural Research Service Misc. Bull. 901, 136 p.

[A description of tropical fruit and nut trees and their propagation methods; general usage and nutritional value is mentioned; photographic illustrations help to identify unfamiliar fruits.]

Kirk, N. E. 1957. Dietary survey of Nauru. Canberra, Commonwealth Dept. of Health.

Kroon, A. H. J. 1953. Preparing parboiled rice. *South Pacific Bull.* 3(3):13.

[Suggests method of reducing spoilage.]

———. 1958. Atoll study in the Gilberts, a review. *South Pacific Bull.* 8(4): 50-52.

[Survey included study of diet and food plants.]

Lawrence, J. F. 1943. Food supply in the Marshall Islands. Yale University thesis.

Lee, R. K. C., and I. Hiscock. 1962. Health inventory of Guam.

Lessa, W. A. 1966. *Ulithi, a Micronesian design for living*. N.Y., Holt, Rinehart and Winston, 118 p.

["What is there to eat" (pp. 12-15) describes the staple foods, how they are

acquired and how to prepare them in very general terms.]

Levand, O. 1965. 1. Some chemical constituents of *Morinda citrifolia* L. (Noni).

2. The structure of the nitrocamphor anhydrides. Univ. Hawaii thesis.

Loison, C. 1955. Poisonous fish of the South Pacific. *South Pacific Bull.* 5(4): 28-31.

[Notes cases, symptoms, and remedies for fish poisoning; these same fish are often poisonous in Micronesia.]

———. 1956. International seminar on health education. *South Pacific Bull.* 6(2):29-31.

[Recommends educational programs to overcome malnutrition.]

Lonie, T. C. 1958a. Safe food in the village. *South Pacific Bull.* 8(20):48-51.

[Discusses selection of food, food storage and food handling in the tropics.]

———. 1958b. Milk for the islands. *South Pacific Bull.* 8(3):51-57.

[Compares the various types of milk found in the Pacific Islands; information is given on the storage, use, and nutritive value of each.]

———. 1960. Milk and milk products in human nutrition, a review. *South Pacific Bull.* 10(1):58-61.

[Notes an infant's need for milk and child feeding programs; because of cost, some loss of life may be caused.]

Lontoc, A. V., *et al.* 1966 (1968). Folic acid content of some Philippine foods. *Philippine J. Sci.* 95(3):311-320.

McKee, H. S. 1956a. Cash crops and imported foods in the South Pacific. *South Pacific Bull.* 6(2):23-26, 28.

[Encourages the people to continue subsistence agriculture in order to supplement diets which include large amounts of imported foods.]

———. 1956b. Large-scale cooking of vegetables: improved methods conserve valuable nutrients. *South Pacific Bull.* 6(2):26.

[Recommendations and suggestions for saving the nutritive qualities of foods cooked in quantity.]

———. 1957a. Food plants of the South Sea islands by E. Massal and J. Barrau; a review. *South Pacific Bull.* 7(1):43-45.

[Describes tropical food plants and their values.]

———. 1957b. Some food problems in the Pacific islands. *South Pacific Commission Tech. Pap.* 106, 46 p.

[Covers a wide variety of problems including traditional sources, basic foods, supplementary crops, introduction of new crops, storage, marketing and shipping food, imports and their comparative value and food processing.]

———. 1957c. Some useful food plants. *South Pacific Bull.* 7(4):51-52.

[A description of several seldom used beans and their food value.]

Maddocks, I. 1961. Blood pressure studies among the peoples of the western Pacific. Univ. Melbourne thesis.

Mahoney, F. 1959. Anthropology and public health. *South Pacific Bull.* 9(4): 54-59.

[Author emphasizes that cultural problems must be considered when new methods of improving health conditions are introduced in the islands.]

Malcolm, S. 1951. Nutrition investigations in the South Pacific; a report on research carried out during 1950. South Pacific Commission Tech. Pap. 18, 77 p.

[Lists foods and food resources; describes the diet and nutrition of children, pregnant women and nursing mothers; many charts and graphs.]

———. 1952. Infant nutrition in the South Pacific. South Pacific Bull. 2.

———. 1955. Diet and nutrition in the Trust Territory of the Pacific Islands. A survey. South Pacific Commission Tech. Pap. 83, 41 p.

[Surveys the children's diets, nutritonal status, and feeding methods up to age two and a half for each of the districts of the Trust Territory; notes type of food available, especially the staples, and the method of preparation; uses extensive graphs and charts for diets and physical measurements.]

———. 1958. The diet of mothers and children on the island of Guam. South Pacific Commission Tech. Pap. 113, 35 p.

[Describes island conditions, population distribution, foods, cost of living for the island of Guam. Includes vital statistics, health and physical status of mothers and children, as well as infant growth and development.]

Malcolm, S., and J. Barrau. 1954. Pacific subsistence crops: yams. South Pacific Bull. 4(3):28-31.

[Article describes the varieties, food value, recipes and bibliography for yams.]

Maramba, M. G. 1960. The economics of food and nutrition in the U.S. Trust Territory of the Pacific Islands, 25th April—2nd June, 1959. South Pacific Commission Tech. Info. Circ. no. 39, 38 p.

Massal, E. 1954a. Dietary and nutritional problems in the Pacific. South Pacific Commission Tech. Pap. 59, 1-13.

[General problems are discussed for both high and low islands and for both urban and agricultural areas.]

———. 1954b. Nutrition and health; Australian and New Zealand Scientists confer. South Pacific Bull. 4(2):31-32.

[Results of a symposium on nutrition. Discusses problems found in tropical Australia and the Pacific, particularly diet, nutrition, dental caries, and food technology.]

———. 1955. Fish a valuable Pacific island food. South Pacific Bull. 5(3): 18-19.

[Explains the nutritive value and importance of fish in the diet.]

———. 1956a. Food and nutrition work program of the South Pacific Commission. South Pacific Bull. 6(2):7.

[Description of the program.]

———. 1956b. Food plants of the South Sea islands. South Pacific Commission Tech. Pap. 94, 1956.

[Under the chemical analysis of staples is included: sage, taro, polynesian

arrowroot, yams, bananas, breadfruit, cassava, and sweet potatoes. Then the supplemental foods, fruits, nuts, and cereals are considered.]

Massal, E. and J. Barrau. 1954. Pacific subsistence crops: breadfruit. *South Pacific Bull.* 4(4):24-26.

[Description of varieties, food value, preparation, and bibliography for breadfruit.]

———. 1955a. Pacific subsistence crops: taros. *South Pacific Bull.* 5(2): 17-21.

[A full description of species and varieties used as food in the Pacific with comparative nutritive values and methods of preparation, using and storing; a short bibliography is listed.]

———. 1955b. Pacific subsistence crops: sweet potato. *South Pacific Bull.* 5(3):10-13.

[A description of the plant and methods of cultivation is followed by lists of the chemical composition and food values. Methods of preparation includes several recipes; a short bibliography is added.]

———. 1955c. Pacific subsistence crops: cassava. *South Pacific Bull.* 5(4): 15-18.

[The varieties used, methods of preparation and chemical composition of the cassava are discussed; short descriptions are given of several other tubers used as food in the Pacific.]

———. 1956a. Pacific subsistence crops: the banana. *South Pacific Bull.* 6(1):10-12, 14.

[The history and introduction of the banana and its chemical composition and food value are discussed at length; traditional methods of cooking and storing are noted.]

———. 1956b. Pacific subsistence crops: the coconut. *South Pacific Bull.* 6(2):10-12.

[The many food uses of the coconut are discussed; the chemical composition of the albumen is given for several stages of growth.]

———. 1956c. A survey of subsistence problems in the South Pacific. *South Pacific Bull.* 6(2):34-35.

[Notes problems that have arisen from the changing food habits of the island people.]

———. 1956d. Pacific subsistence crops: some lesser known Pacific food Plants. *South Pacific Bull.* 6(3):17-18.

[Several tropical plants which grow in Micronesia can be used for food, although not generally utilized at present.]

Maxwell, A. 1954. *Recipes of Guam*. Agana, Guam, published by the author, 111 p.

[Recipes for fiesta and fandango foods, use of the coconut and coconut milk, and listing of fruits and vegetables with their local names.]

Miller, C. D. 1953. The nutritive value of some native foods compared with

- highly milled cereals. Proc. Seventh Pacific Science Congress 7:428-429.
[Results showed less nutritive value in highly processed foods.]
- Miller, C. D., A. Bauer, and H. Denning. 1952. Taro as a source of thiamine, riboflavin and niacine. J. Amer. Dietetic Assoc. 28(5):435-438.
- Miller, C. D., M. Murai, and F. Pen. 1956. The use of pandanus as food in Micronesia. Pac. Sci. 10(1):3-16.
[A description of the fruit with local Marshallese names is given; preparing flour and paste is described, and the nutritive value is noted.]
- Mortensen, R., and E. T. Dullard. 1964. Handbook of tropical and subtropical horticulture. Washington, Dept. of State, Agency for International Development, 260 p.
[Primarily a handbook to assist people with a limited knowledge of tropical agriculture; each fruit and vegetable is described separately with recommendations for planting, growth and usually use and food value; each has its own bibliography.]
- Murai, M. M. 1954a. Food patterns in the Caroline and Marshall Islands. Amer. Dietetic Assoc. J. 30:154-158.
- . 1954b. Nutrition study in Micronesia. Atoll Research Bull. 27:1-239.
[Lists foods and their availability; physical status and comparative studies were made.]
- Murai, M., F. Pen, and C. D. Miller. 1958. Some tropical South Pacific island foods. University of Hawaii Press, 159 p.
[Included are staples, fruits and seafoods with description, history, use, and nutritive value for each; extensive use of tables and charts.]
- Mustard, M. J. 1952. Ascorbic acid content of some miscellaneous tropical and subtropical plants and plant products. Food Research 17(1):31-35.
- Nadkarni, B. Y. 1965. Coconut as a protein source. South Pacific Bull. 15(4): 34-37.
[An attempt to find a simple and efficient processing method for home use; includes a chemical analysis of coconut and the behavior of coconut milk when heated.]
- Oomen, H. A. P. C. 1956. Maternal and infant diets in the South Pacific. South Pacific Bull. 6(2):6-9, 56.
[Author encourages improved pre- and postnatal nutrition for island mothers.]
- Pacific subsistence crops: taro. 1953. South Pacific Bull. 3(4):31-32.
[“A short annotated list of relevant publications in the library of the South Pacific Commission.”]
- Parker, R. D. R. 1967. A field and laboratory study of the storage and preservation of breadfruit as practised in the South Pacific islands. Univ. Hawaii thesis.
- Parkinson, S. 1962. Problems of applied nutrition in the Pacific islands. South Pacific Commission Tech. Info. Pap. 52, 6 p.
- Peace Corps. 1969. Peace Corps health program for the Trust Territory of the

- Pacific Islands. Univ. of Hawaii, 121 p.
- Peters, F. E. 1954a. Analysis of South Pacific foods. *South Pacific Bull.* 4(1): 6-7.
[Reasons for establishing a laboratory to study Pacific foods.]
- . 1954b. Bibliography of the nutritional aspects of the coconut. *South Pacific Commission Tech. Pap.* 58, 35 p.
[An annotated bibliography, each entry notes the chemical composition as each author has reported.]
- . 1954c. The chemical composition of South Pacific foods. Univ. Sydney thesis.
- . 1956a. Analysis of South Pacific foods. *South Pacific Bull.* 6(2):17-18.
[Work accomplished by the laboratory set up to analyze foods of the Pacific area.]
- . 1956b. Analysis of dried breadfruit. *South Pacific Bull.* 6(3):22.
[Chemical analysis of dried breadfruit.]
- Peters, F. E., and W. V. D. Pieris. 1953. Protein concentrates from fresh coconuts. *South Pacific Bull.* 3(1):13-15.
[Processing coconut for protein as well as for oil.]
- Protasio, M. 1967. Tips on Guamanian cooking. *Glimpses of Guam*, pp. 45, 127.
[Notes on fiesta foods and their preparation, especially the red rice.]
- Sistrunk, W. A., J. C. Miller, and L. G. Jones. 1954. Carbohydrate changes during storage and cooking of sweet potatoes. *Food Technology* 8(5).
- South Pacific Commission. 1969. Health: checklist of principal documents, 1949-January, 1969. Noumea, 125 p.
[A comprehensive listing of reports, working papers, leaflets, circulars, technical papers, articles, and other works published under the auspices of the South Pacific Commission while working with health programs in the Pacific area.]
- Spoehr, A. 1954. Saipan: the ethnology of a war-devastated island. *Chicago Natural History Mus., Fieldiana: Anthropology* 41:1-383.
[Discusses the people of Saipan, both Chamorro and Carolinian, and their way of life after World War II; includes subsistence farming and the crops raised, methods of food preparation, health and food habits.]
- Sproat, M. 1968. A guide to subsistence agriculture in Micronesia. Saipan, Publications Office, 142 p.
- Stone, B. C. 1960. The wild and cultivated Pandanus of the Marshall Islands. Univ. Hawaii thesis.
- . 1963. The role of Pandanus in the culture of the Marshall Islands. *In* J. Barrau (ed.), *Plants and the migrations of Pacific people*. B. P. Bishop Museum Press.
- Stone, E. L. 1951. The agriculture of Arno Atoll. *Atoll Research Bull.* 6:1-48.
[Includes such foods as coconut, breadfruit, pandanus, taro, and bananas.]

- Swanholm, C. E. 1959. A chemical study of the bitter principle of pia (*Tacca leontopetaloides* (L.) O. Ktze). Thesis (Ph.D.) Univ. Hawaii.
- Tuell, B. n.d. Cooking on Maui with Bonnie. Maui Electric Co., Ltd., 64 p.
[Methods of selection and preparation of Hawaiian fruits and vegetables; recipes and special instructions for freezing.]
- U. S. Navy Department. Div. of Medical Statistics. ca. 1950. Health survey of the Trust Territory of the Pacific Islands, 1948-50, and supplement to health survey of the Trust Territory of the Pacific Islands. n.p., 89 p.+55 p.
The value of coconut as a human foodstuff. 1952. South Pacific Bull.
- Van Pel, H. 1955. Simple methods of fish preservation. South Pacific Bull. 5(1):13-14, 19.
[Methods of salting, drying, smoking, and cooking fish.]
- Verstuyft, L. R. L. and M. Farland. 1963a. Assignment report 13th-19th and 25th-29th August, 1963. (Guam). Manila, W. H. O., Regional Office for the Western Pacific, 14 October 1963. 19 p. [mimeo].
- . 1963b. Assignment report 19th-25th August, 1963. (Trust Territory of the Pacific Islands). Manila, W.H.O., Regional Office for the Western Pacific, 16 p. [mimeo].
- Watkins, W. L. 1954. The microbiological estimation of nicotinic acid in Pacific island coconuts and New Zealand flours. Dunedin, Univ. New Zealand Thesis, 1954.
- Welbourn, H. 1963. Nutrition in tropical countries. Oxford, 119 p.
- Wenkam, N. S., and C. D. Miller. 1965. Composition of Hawaii fruits. Hawaii Agriculture Experiment Station/Univ. Hawaii Bull. 135, 87 p.
[Short descriptions of many tropical fruits, with detailed charts of chemical composition and food value; method of sampling is explained.]

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