

d. Working capacity

Metabolic, respiratory, and circulatory adjustments of subjects to a standard aerobic work test, and to strenuous work tests designed to determine both aerobic and anaerobic capacities.

2. Nutritional Stresses

Research in human nutrition is critical to any understanding of other aspects of human adaptation and to human welfare generally.

a. Nutritional requirements

These are modified by a variety of individual characteristics, such as genetic endowment, age, weight, and sex; the physical environment; and by activity levels. The role of these factors in determining the nutritional requirements of a particular population is poorly understood, and an extensive research program in this area is highly desirable.

b. Nutrition and stress resistance

The role of nutritional history in determining the stress resistance of a population is very poorly understood. Research should include specific investigations of the relations between nutrition and disease resistance, and between nutrition and thermal regulatory processes. These investigations should take advantage of the breadth of the IBP by emphasizing genetically distinct populations. They would be most valuable when directed toward young children.

c. Adjustments to under-nutrition

By morphological, behavioral, physiological, and biochemical changes, human populations and individuals are able to survive in nutritional circumstances which by most criteria are considered inadequate. Such groups and individuals may be considered adapted to undernutrition. The consequences of the adaptations are not well known and a critical world-wide problem