

### Courses and researches in the nutrition area on the pages of the bulletin institutional magazine of SAPS:(Food Service Social Security);(1944-1946)

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## REVIEW

Cursos e pesquisas na área de nutrição nas páginas do boletim do SAPS (Serviço de Alimentação da Previdência Social) (1944-1946).

Courses and researches in the nutrition area on the pages of the bulletin institutional magazine of SAPS (Food Service Social Security) (1944-1946).

Los cursos e investigaciones en el área de la nutrición en las páginas del boletín SAPS (Servicio de Alimentación de La seguridad Social) (1944-1946).

Sandra Goulart Magalhães <sup>1</sup>, Fernando Porto <sup>2</sup>, Simone Aguiar <sup>3</sup>

### ABSTRACT

**Object:** To analyze the process of implementation regarding Nutritionist technical and professional courses and previous professional skills created by Food Service Social Security- SAPS, through the collection of its Bulletins. **Method:** It embodies bibliographical research of its Bulletins which were published between November of 1944 and November of 1946, having as target the workers of the SAPS Restaurants. **Results:** The analysis suggests that these Bulletin sources recorded the development of these courses as well as several researches developed in the Nutrition area, with extensive written documentation and imagery, through facsimile captioned within these publications. **Conclusion:** The bulletins bring coverage of major importance and significance for the history of the profession, consisting of 118 articles and 173 facsimiles. It shows the importance of these documents not only to the history of the Nutritionists as previous professional skills. **Descriptors:** Nutritionist, History, Press.

### RESUMO

**Objetivo:** Analisar o processo de surgimento dos cursos técnicos e de profissionais Nutricionistas e antecedentes, criados pelo Serviço de Alimentação da Previdência Social- SAPS, através da Coletânea de seus Boletins. **Método:** Realizado pesquisa bibliográfica dos Boletins, Revista Institucional que circulou no período de novembro de 1944 a novembro de 1946, tendo como público alvo os trabalhadores dos Restaurantes do SAPS. **Resultados:** A análise dessas fontes sugere que esse Boletim registrou a evolução desses cursos como também várias pesquisas desenvolvidas na área da nutrição, com farta documentação escrita e imagética, através de *fac-similes* legendados no interior dessas publicações. **Conclusão:** Os Boletins trouxeram cobertura jornalística de grande importância e significado para a história da profissão, composta de 118 artigos e 173 *fac-similes* com riqueza de detalhes. Aponta-se para a relevância desses documentos não só para a história da profissão de Nutricionista como de seus antecedentes. **Descritores:** Nutricionista, História, Imprensa.

### RESUMEN

**Objetivo:** Analizar el proceso de creación de cursos técnicos y profesionales de los nutricionistas y los antecedentes creado por el Servicio de Alimentos de la Seguridad Social -SAPS a través de la colección de sus boletines. **Método:** La investigación realizada se basa en la literatura de estos boletines, Revista Institucional que circuló en el período noviembre 1944 a noviembre 1946 que tienen como objetivo a los empleados de los restaurantes SAPS. **Resultados:** El análisis de estas fuentes sugiere que el Boletín informó que la evolución de estos cursos, así como la investigación de varios desarrollado en el campo de la nutrición con una amplia documentación escrita y imágenes, a través de facsímiles subtítulos dentro de estas publicaciones. **Conclusión:** Los Boletines llevan la cobertura de la mayor importancia y trascendencia para la historia de la profesión, que consiste en 118 artículos y 173 facsímiles en gran detalle. Apuntando la importancia de estos documentos no sólo para la historia de la profesión de nutricionista como sus antecedentes. **Descriptor:** Nutricionista, Historia, Prensa.

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## INTRODUCTION

**D**ue to the search for documentation in order to elaborate the doctoral thesis regarding the history of nutrition, it was crucial to approach this thematic through scientific papers, dissertations, theses and books since the existence of a document entitled “Social Security of Food Service Bulletin (SAPS)” was identified during the research procedure.

This way, one started to look for SAPS bulletin issues. As a result, twenty publications of it were found in an archive and at the library of the Federal University of Rio de Janeiro, in the midst of dust and fungi. These bulletins were considered a collection of institutional magazines. Under the sociological perspective, the bulletin is the one deriving of a scientific society, such as: a university, commercial company or soccer club. With this in mind, the use of the expression “institutional magazine” has taken on a specific meaning concerning a periodical publication exclusively linked to the interests and goals of a determined organization.<sup>1</sup>

Both d’Ávila<sup>2</sup> (Social Memory-UNIRIO- Master’s/1997) e Fogagnoli<sup>3</sup> (Social History-PPGH/UFF-Master’s/2011) used these bulletins in their Master’s theses. However, neither d’Ávila’s nor Fogagnoli’s papers had these sources as the research corpus in order to explain the development concerning the Nutritionist course of the SAPS school through its articles and facsimile. The word “facsimile” comes from Latin meaning an exact photocopy of the printed document, it can be obtained through various means of reproduction, among them, photo mechanical, electronic and electrostatic.<sup>4</sup>

Under this point of view, one has the goal of measuring the visibility regarding the path of Nutrition both as a profession and also as a science in institutional bulletins between 1944 and 1946.

Vasconcelos<sup>5</sup> deals with the development of Nutrition in Brazil in two of his articles: “Origin and conformity of the Nutrition area in the Public Health in Pernambuco: a structural-historical analysis” in 2001 and “The nutritionist in Brazil: a historical analysis” in 2002; he also describes the professions which derived of this area, mentioning that the SAPS Bulletin was created under Dr. Luiz Pontes de Brito’s coordination while Getúlio Vargas was the president of Brazil. Its proposal was campaigning in favor of a healthy and rational diet regarding their target audience - the working class. Furthermore, the bulletins conveyed news and articles about courses for Food Assistants (1940/1941), Food volunteers (1942) and also Technical and Professional courses (1945). Besides, there were plenty of researches on food which took place at SAPS labs.<sup>7</sup>

The course for Food assistants was founded between 1940 and 1941 during the Central Food Service. This course lasted eighteen months, providing certificates to men and women. The subjects taught were General and Hygiene Biology, Statistics, Chemistry, and also basic

notions on Nutrition, Dietetics and Culinary Arts. After the end of the course, some people were invited to work as substitutes, called visitors, lab assistants, restaurant assistant among other jobs regarding the wide range of services offered by SAPS.<sup>8</sup>

In 1942, the Food Central Service went through a restructuring process and its name changed to Social Security Food Service, widening the concern regarding the training of qualified professionals in order to develop the tasks and accomplish the aims they were supposed to since the Food Volunteers course was implemented.<sup>8</sup>

Thus, together with the collaboration of the Brazilian Assistance Legion (LBA), the Volunteers' course, aimed at the families which were enrolled in the social work by LBA, was designed to provide the basic principles of a rational diet. Two courses were offered in Rio de Janeiro and Niterói, one in Fortaleza and another in Belém do Pará.<sup>8</sup>

The course lasted 30 days and there were eight theory classes, which were about the nutrition and diet principles, ten practical demonstrations in the kitchen, three visits to workers' houses, two diet calculus sessions, a lad demonstration and internship in the SAPS Central Restaurant kitchen. Besides, scholarship worth 600\$000 (six hundred thousand reais) monthly were addressed to applicants and there was also an opportunity to work at the SAPS services from their state of origin.<sup>8</sup>

In 1944, Marcondes Filho (the Labor, Industry and Commerce Minister), following the Decree Law 5443/1943 of April 30, inaugurated the course to qualify nutritionists - exclusively to the doctors' specialization regarding nutrition and food issues - nutritionists - concerning women who had a high school degree or nurses, whose diploma should be issued by the Federal School - and also, the course for waiters. The kitchen course was held simultaneously at the SAPS (theory part) and the School Restaurant (practical part). The School Restaurant was at the basement of the Municipal Theater.<sup>8</sup>

The practical part was taught by chefs who already worked there. This course trained professionals to provide service at restaurants and hotels, qualifying, in March of the same year, thirty waiters and cupbearers.<sup>7</sup>

The courses aimed at nutrologists and nutritionist lasted two years and the subjects were: Nutrition Physiology, Food Technology, Dietetics, Culinary Art, Diet Technique and Bromatology. The nutrologists' course made use of a university system with partial exams and final tests including written and oral practice evaluations. There were forty two students at the beginning of the course and only nineteen at the end of it. Notions of Chemistry, Social Service, Statistics, Anatomy, Physiology and Domestic Economy were given to nutritionists while attending the course.<sup>8</sup>

From this context, the development of the present study is justified by the relevance of these documents not only due to the profession's and its antecedents' background but also the path concerning a symbolic struggle for the leadership regarding the Nutrition teaching, under the auspices of the Social Security of Food Service(SAPS).

## METHOD

It regards a study on the historical- semiotic perspective grasped as that which enters the universe of representation, identifying and unrevealing influences, interrelations and mechanisms concerning the social groups involved.<sup>9</sup>

Since the twentieth century, the so-called official publications of the public institutions' administration have been crucial to the researches in History, specially, to iconographic documents.<sup>10</sup>

Twenty two bulletins were considered as the universe of study, from those, one can highlight the ones which had articles with or without imagistic data (facsimile) and were linked to technical and professional courses kept by SAPS. They were: Food Assistants, Food Doctors-Technicians (there was not the specialization as nutrologists), Nutrologists and Waiters. Other activities, such as: educational events, assistance to the population in terms of a healthy diet in which these professionals were connected somehow, and also technical-scientific research and studies which diffused Nutrition principles and rites.

## RESULTS E DISCUSSION

The SAPS Bulletin (November 1945 issue, on page 88)<sup>6</sup> shows that the Marketing Group meant to influence, under psychological principles, the individuals keeping them in touch with the SAPS work. "It used to appeal not only to personal interests, but also to self-esteem of the individuals." To do so, various means of communication were used. The slogan "SAPS, THE WORKER'S HOUSE" was also implemented, educational leaflets were periodically printed and distributed at popular restaurants aimed at a healthy diet. The distribution of the popular Bulletin promoting the teachings and accomplishments of SAPS took place fortnightly. Movie sessions happened at the Central Restaurant weekly. The radio due to its far-reaching proportion and the access to all social classes was also used through a loudspeaker installed at the entrance hall of the Central Restaurant providing advice on a healthy diet. And last but not least, SAPS Bulletin. It was full of imagistic articles to attract the working class in a period which according to IBGE ( Geography and Statistics Brazilian Institute)the illiteracy rate in Rio de Janeiro in 1940 was around 34,1% of illiterates.<sup>11</sup>

## ANTECEDENTS OF THE NUTRITIONIST PROFESSION - FOOD ASSISTANTS AND VISITORS

Since the SAPS Bulletin development in 1944, all the track record of the courses and accomplishments of SAPS started to be registered in this instrument, unique, to historical research regarding the Health field, providing not only articles but also facsimile with legends.

The December 1944 issue of the Bulletin with a wide imagistic coverage (nine facsimiles) in the central pages, one could learn about an agreement in 1943 with the Brazilian-American Commission (CBA) aimed at the Foodstuff Production and with The Institute of Interamerican Affairs, in which SAPS organized and maintained the second course for the qualification of "Food Assistants" in the Federal District.

This Commission was compounded by The United States representative, Mr. Kenneth J. Kadow. The doctor and professor Dante do Nascimento Costa represented Brazil; he was an SAPS food technician who coordinated the course. As part of the agreement, a food technician, Agnes June Leigh came from the United States in order to teach classes in the same course.

Nearly fifty two students graduated, coming from different parts of the country. All of them had the scholarship offered by that Commission. Their graduation events took place at The Brazilian Press Academy - ABI on the 26<sup>th</sup> of February, 1945. It was published in the Bulletin, more precisely in its November 1945 issue. All the students became SAPS, LBA, American Institute employees. The government of some states also provided job opportunities for them.

The recruiting process was accomplished, preferentially, among elementary school teachers from all the states of the country; a vocational test was also applied in the Agricultural Fostering Department or the Brazilian Assistance Legion of each state.

The food assistants graduated in 1943 were allowed to start the second year of the Nutritionist course enabling SAPS to have its first nutritionist class in December 1944.

The feature on the first nutritionist class graduation was published in the April 1945 issue of the Bulletin with a facsimile (showing the diploma being given to Jocelyna Bastos Clapp). There were also references to the ceremony in the December 1944 and July 1945 issues.

Since 1945, one could see features monthly published with or without facsimiles.

In January, in the central pages of the bulletin, having "The SAPS in legends" as its title, five facsimiles were presented showing Miss Leslie, an American technician dosing C vitamin in the SAPS lab.

In March, an article entitled "A valuable word" with a facsimile, showed Brigadier Antônio Guedes Muniz's visit while he was observing the Food Assistant Course students working.

In April, the central pages with seven facsimiles present an allusion to the nutritionists citing the "splendid" importance of their job (two year course).

In July 1945 issue, one could learn about the end of the Nutrition course to the National Health Department doctors on the nineteenth. Another article is about the beginning of the Food Visitors' activity in many poor neighborhoods of Fortaleza, with only one facsimile each. The same Bulletin issue also brought, on pages 36 and 37, a wide feature entitled "SAPS

accomplishments at the social and nutrology field.” Two other features should be highlighted: SAPS providing a permanent visiting service to the workers’ homes having as its goal to instruct their wives and relatives about the principles of a balanced and healthy diet and another regarding SAPS accomplishments in the nutrology field.

It mentions not only the Nutrologist, Nutritionist and Waiter courses, but also studies linked to the Food Science and Food Research, analyzing the nutritional values as well as elaborating menus in which they were included. There were no facsimiles in it.

The same Bulletin issue, in the Technical course section, published the following: SAPS from 1941 to 1943 offered courses for “Food Assistants” and “Food Volunteers”. In 1944, the Republic Government authorized the implementation of its technical courses aimed at the qualification of doctors who were specialized in Nutrology, Nutrologists’ technical assistants, nutritionists and waiters. There were no facsimiles in it.

In August in a feature entitled “A trip through four reports”, showing the report of trip of four scholarship students from the Brazilian American Commission - CBA for the food production.

In September, “Useful Interchange”, a feature presenting the C vitamin dosage in Brazilian fruits and vegetables in a classroom and also in a lab done by Miss Ruth Leslie, an American technician, SAPS’ intern and also the nutritionist Celina de Moraes Passos working in a lab, dehydrating food. There were two facsimiles.

The same issue also brought on pages 18-19, aspects regarding Kenneth Kadow’s visit to the Agnes June Leith Food Visiting Service School where he was shown some meals made from soya. There were three facsimiles.

The four scholarship students’ departure to the United States and the arrival of Celina de Moraes Passos, a nutritionist and SAPS collaborator who taught its courses since 1940 were presented in the central pages. There were three facsimiles.

In October, the nutritionist supervising the Central Restaurant menu was on the cover of the publication with a facsimile showing the tasks performed by this professional. In the central pages of SAPS in legends, another feature on the technician providing service to workers while showing the nutritionist’s technical assistance in a SAPS restaurant. There were seven facsimiles.



Picture 1: SAPS in Legends (October 1945 Bulletin issue)

In November, the SAPS Bulletin celebrated the first anniversary of the publication with a special message to its readers about the fight for a good diet. This Bulletin is special and

there were a hundred and fifteen pages. It brings information on the Technical and Professional courses that have already been mentioned previously and the Food assistants' success, besides the Food Visitors' integration with the research doctors from the Technical Area. This feature was only written documented.

Since 1945, SAPS publishes a magazine, also institutional, entitled "SAPS Review", informing briefly all the accomplishments of the institution and praising the President Getúlio Vargas, who brought in his political platform in 1929 plans of assistance and protection to the working class.

The SAPS Institution represents then the consubstantiation of these rights. This Magazine is an official document of the Labor, Industry and Commerce Ministry of that time. It can be considered as important to the historical research as the SAPS Bulletins.

In December 1945, in the SAPS in legends section, a feature with four facsimiles, presenting nutritionists under the supervision of nutrologist doctors.

In January 1946, the presentation of the ceremony regarding the end of the courses at the Medicine National Academy was entitled "The closing of SAPS Nutrologist and Nutritionist Courses". There were two facsimiles.

In March, April and May 1946 issues (17/18/19) present a feature on the history of Agnes June Leith School (established in Fortaleza for Food Visitors), its president, and the new perspectives. The dissemination regarding knowledge about Horticulture, Nutrition, Dietetics (theory and practice), Domestic Economy, Childcare, Child Psychology, Social Assistance and Extension Service to the Food Visitors. There were seven facsimiles.

Also in this Bulletin issue in a feature named "At SAPS it is like this..." with nine facsimiles in the central pages, "Evidences of the nutritionists following rigorously the menu". Workers having lunch, the Central Restaurant Frontage, breakfast being offered to kids in the morning at the SAPS Restaurants. There were nine facsimiles.

Finally, the September and October 1946 Bulletin issues bring three highlighted features: the anniversary celebration of the Agnes Junes Leith School, with the certificate delivery to the food visitors, the contract signed between SAPS and AIA represented respectively by its director and Nelson Rockefeller. And still on the same page the investiture of the nutritionist Clara Sambaqui as a director of the school. There were four facsimiles.

The study findings can be observed through the charts (1, 2, 3 and 4) and the graph number 1, in which the published scientific subjects and articles are listed as well as the quantity of facsimiles presented every semester.

Chart 1- Quantity of articles published by semester in the SAPS Bulletins from 1944 to 1946 about the Food Assistant courses. (With or without *facsimiles*)

Month/Year	Articles	Facsimiles
2 <sup>nd</sup> Semester of 1944	1	8
1 <sup>st</sup> Semester of 1945	1	1
2 <sup>nd</sup> Semester of 1945	3	1
Total	5	10

Source: Collection of SAPS Bulletins from 1944 to 1946

Chart 2- Quantity of articles published by semester in the SAPS Bulletins from 1944 to 1946 about the Food Visitor courses. (With or without facsimiles)

Month/Year	Articles	Facsimiles
2 <sup>nd</sup> Semester of 1944	1	1
2 <sup>nd</sup> Semester of 1945	4	3
1 <sup>st</sup> Semester of 1946	1	7
2 <sup>nd</sup> Semester of 1946	2	8
Total	8	19

Source: Collection of SAPS Bulletins from 1944 to 1946

Chart 3- Quantity of articles published by semester in the SAPS Bulletins from 1944 to 1946 about the Nutritionists, Food Doctor-Technicians, Nutrologists and researches (With or without *facsimiles*)

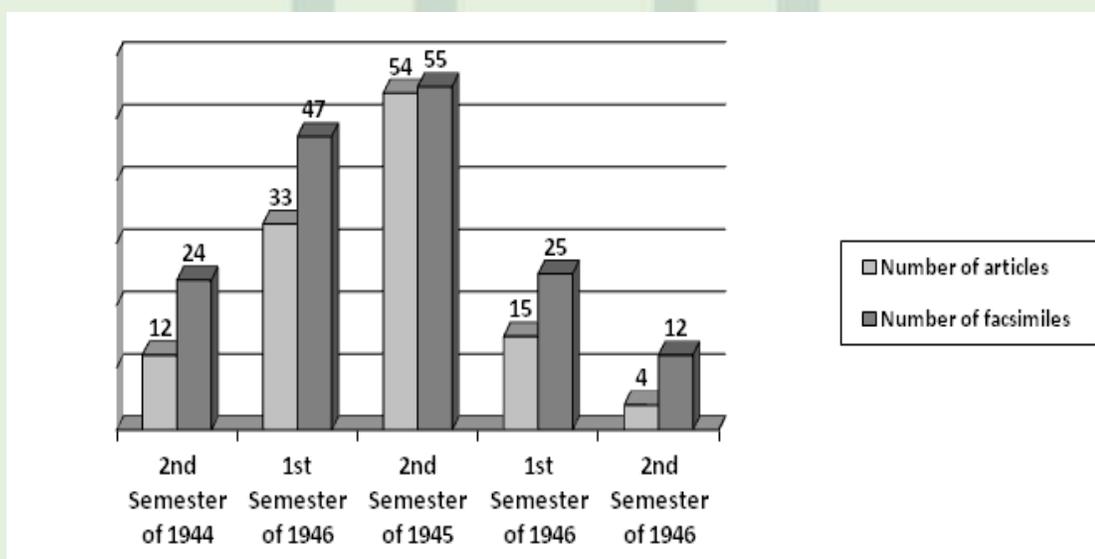
Month/Year	Articles	Facsimiles
2 <sup>nd</sup> Semester of 1944	10	15
1 <sup>st</sup> Semester of 1945	32	46
2 <sup>nd</sup> Semester of 1945	47	51
1 <sup>st</sup> Semester of 1946	14	18
2 <sup>nd</sup> Semester of 1946	2	4
Total	105	134

Source: Collection of SAPS Bulletins from 1944 to 1946

Chart 4-Quantity of articles published by semester in the SAPS Bulletins from 1944 to 1946 about all Professional segments. (With or without *facsimiles*)

Month/Year	Articles	Facsimiles
2 <sup>nd</sup> Semester of 1944	12	24
1 <sup>st</sup> Semester of 1945	33	47
2 <sup>nd</sup> Semester of 1945	54	55
1 <sup>st</sup> Semester of 1946	15	25
1 <sup>st</sup> Semester of 1946	4	12
Total	118	163

Source: Collection of SAPS Bulletins from 1944 to 1946



Graph 1. Distribution of the articles published by semester between 1945 and 1946 regarding all professional segments (With or without facsimiles).

Source: Collection of SAPS Bulletins from 1944 to 1946

The research showed that SAPS Bulletin since its was created in the second semester of 1944, already published a feature on the food assistance courses and agreements between Brazil and The United States of America as means to provide resources in order to develop its courses.

The publication about the Food Assistants' graduation, all this plentifully illustrated with eight facsimiles.

The first and second semester of 1945 in terms of written and imagistic documentation, reached its peak, publishing eighty seven articles with a hundred and two facsimiles. No wonder, since the first nutritionists, in full exercise of their activities, were always praised due to their great professional performance.

Among their activities one can highlight the assistance given to the workers' wives at home or at courses given by them to these clients, such as: culinary art and domestic economy at the SAPS restaurant; the elaboration of menus for the popular restaurants with the selection of foodstuff to be used; supervision at the popular restaurants and also research on food at the SAPS labs.

The profession's success was recognized in the Academy; due to this fact, other courses were developed by other teaching institutions, such as: University of the Rio de Janeiro State - UERJ in 1945 and the Federal University of Rio de Janeiro - UFRJ in 1946.<sup>8</sup>

Unfortunately, the Bulletins were not published since the second semester of 1946, putting an end to its publications with only three important features regarding our study. Two of them are about the June Leith School in Fortaleza (Food visitors). The first about the celebration of its second anniversary; the second is related to the Tree Party which took place at the school just mentioned, bringing a photography coverage with nine facsimiles; the third one dealt with the contract signed between SAPS and A.I.A.-American International Association for School and Economics Development, (run by Nelson Rockefeller) in cooperation with The United States presenting four facsimiles.

## CONCLUSION

We concluded that the SAPS Collection not only covers all political history concerning the SAPS implementation, but it can also be considered as illustrated history of a profession, but particularly at the Nutrition School of the Federal University of the State of Rio de Janeiro, with its antecedents and research that supported them.

Due to its relevance, we suggest the recuperation of these rare and inaccessible documents, so that new researches can be done through them.

As mentioned before, the SAPS was a Federal autarchy under the Labor, Industry and Commerce Ministry jurisdiction which had subsistence centers in all country in order to sell food to workers charging a subsidized prices.

The SAPS created collective restaurants such as The Dockworkers, the Klabin manufacture one, the National Press one and the Students National Union one, run by it. It supervised other restaurants which were already operating in their factories, following the model regarding a healthy and rational diet. Moreover, there were other protection and assistance services including the events held in favor of them.

The SAPS also created and organized courses for professionals that could meet the needs of the market providing competent and appropriated food services, originating the present Nutrition School of the Federal University of the State of Rio de Janeiro. In contrast, the SAPS had as its main goal the dissemination of these accomplishments both in the healthy and rational diet and the social assistance provided to the workers and the researches already done at that time about diverse foods.

To do so, the SAPS Bulletin is created as its flagship. Thereof its importance to the follow up of all historical path of the technical and professional courses implemented by it, being that the Nutrition course is the only one that is still successfully in progress so far, the number of graduated professionals increases yearly.

Regarding the first Nutrition class, only six students graduated and nowadays, approximately sixty students graduate in this area every year.



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