Lactose Intolerance in San Populations

Sir,—In a recent paper (4 April, p. 23) we described the investigation of a San ("Bushman") population for lactose tolerance and analyzed data on the possibility (to which others have drawn attention) that a supplementation with dried milk of the diet of peoples in which adult tolerance of lactose is very unusual might be advisable.

We have recently investigated two further Khoisan peoples by the same methods and present a brief summary of our findings.

The populations investigated were: (1) the Ṣuḥu, a small San group found scattered in southern Botswana, the subject of some speculation regarding the affiliations of their language, which appears not to fall into any of the hitherto recognized Bush groups; and (2) the Nama of Keetmanshoop, representatives of the largest extant group of Khoi ("Hottentots"), resident in the semi-desert south of South-West Africa. The Ṣuḥu, like the Kung, have not always been to have been cattle-keepers or milk-drinkers; some of them do, however, live in a client/patron relationship with cattle-keeping Kgalagadi, and the latter, in common with the other Twana, use both fresh and sour milk. The Khoi peoples first enter recorded history as cattle-keepers, and though the Nama of Keetmanshoop today possess few bovine cattle they do have an abundance of goats whose milk they drink both fresh and sour.

Lactose tolerance tests were performed on 34 Ṣuḥu, but nine were excluded from the final calculations because of close family relationships or missing data. Of the remaining 25, two proved to be tolerant, giving a phenotypic frequency for lactose tolerance of 8%. With the exception of three children about 10 years old, all of them intolerant, all persons in the Ṣuḥu: series were adult. Among the Keetmanshoop Nama the results, after the exclusion of closely related individuals, showed a 50% frequency among children (4 out of 21); the difference was significant at the 5% level (x²=4.18 for 1 D.F.).

The frequency of lactose-tolerant individuals in San populations seems to be turning out to be rather higher than the hypothesis put forward by Simonsohn, that lactose tolerance represents an advantageous adaptation consequent on the development of dairying, would lead one to expect. Moreover, the significant difference between adults and children among the Nama would appear to favour the possibility that induction of lactase in response to milk-drinking plays a larger part in the production of adult tolerance than has previously been supposed, were it not that the youngest members of our series, a 7-year-old, was lactose tolerant. It seems to us that our latest findings may be a source of interest in the study of human evolution.

We should like to thank the Director, Professor J. M. Murray, and the Deputy Director, Professor J. Metz, of the South African Institute for Medical Research, as well as the Directors of Medical Services of Botswana and South West Africa, the medical superintendent and staff of Keetmanshoop Hospital and the Namibia Provincial Hospital, the Rev. Fr. Jansen, the Sister Superior and staff of the Don Bosco Nama Laarskool, Keetmanshoop, Mr. Thompson of the S.A.I.M.R. Laboratories in Keetmanshoop, Mr. Tony Traill, the Ministry of Commerce and Industry, Gaborone, and, of course, the 77 volunteers who made the whole project possible. The work of the unit is supported in part by the Medical Research Council of South Africa.

—We are, etc.,

G. T. Nurse
TREVOR JENKINS

Human Sero-Genetics Unit,
School of Pathology,
South African Institute for Medical Research and University of the Witwatersrand,
Johannesburg


B.M.A. and B.M.S.A.

Sir,—On behalf of past members of the British Medical Students Association, we would like to express our sincere gratitude to the B.M.A. for all the help that they gave us over the years. We would also like to thank Mr. A. E. Vince for his hard work and forbearance in dealing with our many problems.—We are, etc.,

H. G. STURZAKER
J. E. P. SIMPSON
ALAN BAILEY
MICHAEL GARRAWAY

Harrow, Middlesex

Temporarily Dependent Patients in General Practice

Sir,—I would like to reply to the letters of Drs. Joyce E. Leeson and R. J. Robertson (18 May, p. 385). It is impossible to say whether the patients described in my article (30 March, p. 625) are ill or not ill in the absence of a universally accepted definition of illness; hence my use of such terms as "undiagnosed," "successfully untreated," and "ill in the accepted sense of the word."

These patients were called "temporarily dependent" because, having come to their doctor with no objective evidence of disease and having been given no pharmacologically effective treatment, they made no further effort to seek help either by returning to me, as they were invited to do, or to any of my three partners, as they could easily have done. The implication is that in that particular situation at that particular time they were in a state which was altered and improved by reassurance from their doctor. Dr. Robertson's point is well taken. It would have been more accurate to say "patients who received no pharmacologically effective treatment."—I am, etc.,

K. B. THOMAS

Portsmouth

Drugs and Xylose Absorption from Intestine

Sir,—Absorption of xylose from the human intestine has been reported to be decreased by metoclopramide and increased by probanthine. These drugs also alter absorption of pentosanose and digitonin. These effects were thought to be due to delayed gastric emptying or to altered gastrointestinal motility. The indirect evidence quoted in support of this view does not ex-

G. B. YOUNG
Department of Radio-Diagnosis, Simpson Memorial Maternity Pavilion, Royal Infirmary, Edinburgh


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