

How Can We Interfere With Digestion?

By MRS. J. E. PETERS

The body has often been compared to a blacksmith's forge, the lungs being the bellows, and food the coal. The comparison is a good one, for food is actually burned in the body by the aid of the air we breathe.

All food is capable of being used as body fuel and by far the greater part of it is so used. The units of fuel to which food is likened are called calories. Many people eat too much, that is, too many calories. Some eat too little, that is, too few calories.

The mistake made by most people, who are actually unaware of the fact, is that they consider their food by weight or bulk. Some foods are concentrated, that is, contain many calories of food in a given bulk, while others, known as bulky foods, contain few calories in a given bulk.

For instance, olive oil is concentrated, and most vegetables are bulky. A third of an ounce of olive oil contains 100 calories, which is as much as is contained in a pound or more of tomatoes, lettuce, cucumbers, celery, string beans, asparagus, or watermelon.

The ordinary sedentary man needs about 2,500 calories per day. But the larger the person, provided the bulk is due to muscle and active tissue and not to fat, or the more muscular the work he does the more food he needs.

It is physical, not mental work which uses up the greater part of our food. For instance, the man in the lumber camp in the winter prefers fat pork to lean beef, in fact, he does not object to a two- or three-inch thickness of fat bacon, obviously because this supplies such an ample quantity of heat and energy. This however would not be a suitable diet for the man in the office or the man engaged in sedentary occupation. Furthermore, when we are out on our holidays fishing, rowing, paddling or tramping through the woods, the physical exercise causes us to get an unlimited supply of oxygen and our food is burned up more quickly in our systems. Consequently we get hungry more quickly after a substantial meal and we can digest and assimilate a different type of diet than if we were sitting around from morning to night, getting a limited amount of exercise. Therefore, these factors must always be taken into consideration in determining our diet.

The common impression that brain work or expenditure of mental energy creates a special need for food is not correct. The sedentary brain worker often gains weight without eating very much. What he really needs is exercise to use up the food, but if he will not take exercise he ought to reduce his food, even below the small amount on which he gains weight. Which meal in the day should be heavy and which light depends largely on one's daily program of work, the aim being to avoid heavy meals just before heavy work.

When very tired it is sometimes advisable to skip a meal, or eat only lightly, as of fruits and salads. All are acquainted, perhaps, even from experience, that a sure way to acquire indigestion is to eat heartily when very tired. Though food may be compared to fuel, there is one constituent of food which is especially needed to build tissue, that is, to serve for the growth and repair of the body. This constituent is called protein. Protein contains nitrogen as its essential element in tissue building. The white of egg, and lean meat are the most familiar examples of protein. Foods should be so selected as to give to the ration the right amount of repair foods, that is, protein on the one hand and the fuel foods, that is, fats and carbohydrates, sugar, syrups, etc., on the other. A certain amount of protein is absolutely necessary for life, although for a few days protein may be reduced to little or nothing. If the body be long deprived of it it will waste away and finally death will be the result. However, when protein is taken in great excess of the body's needs as is usually the case in the diet of Americans, added work is given the liver and kidneys, thus all flesh foods, fish, meat, fowl, when taken in great abundance tend to produce an excess of acids which lead to the production of uric acid. Some of the vegetable foods, as peas and beans, rich in protein, are not always easily digested. These foods however, being rich in iron, renders them more valuable for children and anemic people than meat.

Hard foods, like crusts, toast, hard biscuit or crackers, hard fruits, fibrous vegetables and nuts are an extremely important feature of a hygienic diet. We all know that hard food requires chewing, hence the teeth are preserved by exercise

and the flow of saliva and gastric juices are insured. Dry, stale bread is better than fresh bread and rolls, though the majority of people prefer the latter. Igorrotes of the Philippines have perfect teeth so long as they live on hard, coarse food, but when they change to our soft foods their teeth are soon ruined.

Cellulose or woody fibre of one ounce weight at the very least is needed daily in our diet and we can make our selection from any of the fibrous fruits and vegetables such as lettuce, spinach, celery, asparagus, cauliflower, cabbage, corn, tomatoes, cucumbers, beets, onions, squash, pumpkins, parsnips, or berries. Until recently we heard nothing but concentrated foods, especially for army rations. It was this tendency that caused Kipling to say, "compressed vegetables and meat biscuits may be nourishing, but what Tommy Atkins needs is bulk in his inside."

There is no doubt whatever that most of our people in Canada and America eat too rapidly. This want of thoroughly masticating our food is attended with many evils. This may be brought about because of the nervous hurry of modern life, or from other causes, but will result in indigestion and intestinal poisoning. The habit of insufficient mastication is subtle, because it has become second nature with most of us. So, to rectify this fault, we must allow plenty of time for our meals, and rid our minds of the thought of hurry.

In some of the private schools for boys the Principals have made a rule that no one should leave the table till all have finished the meal. In some cases, no doubt, there will be boys who will become restless waiting for others to finish, but the rule made by the principal will in time, help open, prevent the too rapid bolting of food and the lads will find out they might as well take more time themselves and thus increase the enjoyment of the meal.

The first three mouthfuls of a meal will generally set the pace. Slow mastication is important as a matter of taste and enjoyment, and to have food thoroughly assimilated and digested it must have a pleasing taste and flavor and then must be enjoyed. Salt, pepper and hot condiments should be used very sparingly, if at all. A great cause of ill health is over-use of sugar in concentrated form, such as candy, especially by the sedentary. Candies and sweets of all kinds, also fats, are good food but do not contain any building material whatever. Candies should only be used in moderation, or otherwise they are liable to produce indigestion, and if taken between meals they frequently produce acidity of the stomach. In addition to this, like most carbohydrates, they are injurious to the teeth and should therefore never be taken as food or as a substitute for food. Their proper place is after meals with dessert, and for children especially their use should be restricted to these periods.

Provided water is not taken at meals when food is in the mouth, and used for washing it down, there is no objection to the drinking of one or two glasses; otherwise it tends to constipation. On the other hand, free water-drinking when the stomach is empty, especially before breakfast, is beneficial. Avoid the excessive use of water, however, if you are inclined to have heart trouble or dropsy. Sometimes "what is one man's meat is another man's poison." For instance, many people think that nuts never agree with them, when the trouble really is that they do not masticate them properly. Some people think that peanuts are indigestible, when perhaps the trouble is that they have been over-roasted.

Peanuts slightly roasted and well masticated seldom disagree with anyone. You often hear people say that they cannot eat bananas. Probably they are too green. The vendor of bananas generally finds that he can sell more of an even yellow color and what are left over are often those mottled with black, the only really ripe ones fit to eat.

Inasmuch as all of the family budgets that have been prepared provide that 50 per cent. be expended in food, a knowledge of food and food values is most essential, as well as a proper understanding of what constitutes a balanced diet, together with an adequate knowledge of the proper methods of cooking. Professor Sherman of Columbia University offers the following valuable suggestion, which, if carefully followed out, will ensure a fairly well-balanced diet and insure against indigestion:

"Spend at least as much for milk as for meat, and as much for vegetables and fruit as for meat."

Milk contains all three vitamins and we all eat too much meat.

Corner Concerns

(Our own correspondent.)

Miss McVane is spending this week visiting her cousin, Mr. James Marshall.

Mr. Robert Mighton has leased Mr. William Marshall's farm for a term of years and will take possession in a week or so. He seems like a good likely fellow for a neighbor.

Potato raising is the order of the day. With some they are a very good crop while in other cases they are very poor. The acreage, too, is small this year.

Mrs. Elizabeth Johnson is spending a week in this neighborhood with her family and many old friends.

Rev. Thomas Farr of Kincardine will conduct services in St. Paul's Church and meet many friends of bygone days.

The young people of the Sunday School are commencing to prepare a play for the closing concert, under the instruction of Mrs. (Rev.) Whelan, which promises to be a real good thing.

St. Paul's Church enjoyed the best of weather and consequently the very best success at their thanksgiving services and entertainment. Rev. Mr. Richardson of Mount Forest, contrary to advertisement, took the 3 o'clock in place of the 7 o'clock service and gave a very appropriate and forceful sermon to a well-filled church, and in the evening Rev. Mr. Whealen gave an address that received much praise from a packed house. Monday night the fowl supper was all that could be desired and was heartily partaken of by a large crowd. It was another tribute for our ladies. The entertainment in the upper part of the church was also good and largely contributed by Holstein talent. The home choir opened the affair with a well rendered number. They also supplied good music for the Sunday services. The Rector occupied the chair and Rev. Mr. West of Holstein and Mr. Maloney of Dundas gave good addresses. Miss Edwards of Holstein gave some very good violin selections which brought forth much applause. Miss Amanda Matthews gave a good reading. The Misses West sang very sweetly in a duet and had to respond to an encore. Mr. Eric Sharp rendered a couple of solos that brought forth applause and encore; Mr. A. Hawkes of Durham made his first appearance in this place as a soloist and got his share of applause. Those presiding at the organ were: Miss Sharpe for the Holstein talent, Mrs. G. Lawrence for Durham and Miss Irene Barber for the choir. The

singing of the National Anthem closed the meeting. Upwards of one hundred dollars was taken in.

Hutton Hill, North

(Our own correspondent.)

Mr. and Mrs. Robert Grierson of Aberdeen spent Sunday with Mr. and Mrs. Edmund Noble.

Mr. and Mrs. Herb Hunt visited Sunday with the latter's parents, Mr. and Mrs. John Cuff.

Mr. Max Grierson, accompanied by friends from Durham, motored to Kitchener on Sunday.

Mr. John Ritchie and son Clifford have been busy this week repairing Mr. Charles Lawrence's cistern and doing other work.

Miss Janet McDonald visited Sunday with her friend, Miss Mae Hopkins.

Mr. William Grierson, who is threshing with Mr. William Morrison near Mount Forest, spent the first of the week at his home here.

Mrs. Charles Lawrence spent a day recently with Mr. and Mrs. William Noble.

Aberdeen.

(Our own correspondent.)

Miss Annie Smith returned home on Monday after spending the last three weeks with her sister, Mrs. S. Ludwig, in Cleveland, Ohio.

Mr. James Macdonald spent a few days last week in Proton visiting friends, and also took in the Priceville show.

The Aberdeen beef-ring held their meeting on Friday night when all business was settled up and the ring filled up for another year.

Mr. Samuel Putherbough spent Sunday with Mr. William Cook in Elmwood and attended communion service there.

Mr. Hugh Macdonald and his mother, Mrs. James Macdonald, accompanied by Mr. Gordon Macdonald, attended the Priceville Show on Friday.

Miss Mary McQuarrie left last week to attend Normal in Toronto, having been successful in passing her examination in Owen Sound. Congratulations.

Mr. Thomas Campbell, Mr. and Mrs. McNaulty visited at Mr. Hugh Macdonald's on Sunday.

Mrs. Hector McEachern is spending a few days with her parents, Mr. and Mrs. Arch. McCormick.

Mulock

(Our own correspondent.)

The annual School Fair for the Township of Bentinck was held at Lamash on Thursday, October 4. The weather was threatening and cold but did not particularly interfere with the day's program. The interest displayed in each and every department and phase at the Fair by teachers, parents, and pupils was delightful to see. There were large exhibits of grain, roots, flowers, apples, baking and manual training. We noticed one thing in particular which was most worthy of mention, the bird-house made by Master Herb. Howie from S.S. No. 7, it winning first prize.

The parade to the school was splendidly carried out and S.S. No. 6 (Miss Eva Fiddis, teacher), captured the honors for the third time in succession. This entitles the school section to a shield given by the Department. The second prize went to S.S. No. 9, Miss Bessie Anderson, teacher, and third prize to S.S. No. 5, Miss May Byers, teacher. There were nine competitors in the girls' and boys' public speaking contest. Much greater interest was taken in the pupils' public speaking than in former years.

Following this, races for girls and boys were keenly contested in all

classes. Mr. Cooper and his efficient staff are to be congratulated for the success of the event, as also the keen competition in the exhibits.

Mr. and Mrs. Austin and family, accompanied by Mrs. John McDougall, and son Norman, all of Hamilton, visited their many friends here over the week-end.

Mr. and Mrs. Andrew Hastie and Miss Eva Fiddis attended the funeral of the late Mr. Thomas Clark at Chesley.

Mrs. James Brunt is visiting her sister in Mount Forest this week.

Mr. A. G. McLean, commercial traveller, of Sault Ste. Marie, is visiting his cousins, the McDonald families.

Mr. Hershey of Holstein and Mr. Alex. Morton of Aberdeen were the guests of Mr. and Mrs. James Brant on Sunday.

Holstein

(Our own correspondent.)

Last week we referred to the accident to Mr. and Mrs. J. W. Reid on the Elora Road near Rothsay. Mrs. Reid was taken on Wednesday last to the Fergus Hospital and the x-rays applied, when it was found that her leg was fractured in two places. She is progressing favorably.

Mrs. J. D. Roberts spent the week-end with relatives at Galt.

Miss Willa Phair, who spent the past month with her cousin, Mrs. W.

T. Petrie, returned to her home at Brantford on Saturday last, accompanied by Mr. and Mrs. W. A. Reid. Misses Jennie Adams and Agnes Evans, after a sojourn in the West for a few months, returned on Saturday evening.

Several car loads of the ladies of the Women's Institute went to Dromore last week to visit a similar gathering in that village. The Holstein ladies supplied the program.

Mrs. Cook of Cedarville, and Mrs. Herbert of Royal Oak, Mich., were guests of Mrs. George Aitken recently.

Our little natural park is still being further beautified and parts of it are being broken up along the north and south sides, making ready for bulb-planting. Next Saturday is the day for this work and it is expected that there will be a general turn-out.

Bob Neilson and his friend, John Mowat, Mt. Forest, spent the week-end with the former's aunt, Mrs. R. Christie.

Several of the villagers attended the St. Paul's fowl supper on Monday evening last and report a good time. Misses Edwards and Sharpe, and Rev. L. E. West and Mr. Eric Sharpe assisted in the programme.

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