

BALANCED DIET BEST FOR HEALTH--EXPERT

State Health Commissioner Holds Special Food Campaigns Dangerous to Health

Decrying as inimical to the best interests of health the special food campaigns which are flooding the country in behalf of a larger consumption of particular items of diet, Dr. Isaac D. Rawlings, state health director, proposed that food producers and distributors get together in an advertising project which will promote a balanced ration for the American table. Neither vitamins nor calory, meat nor cereal, fruit nor vegetable, can alone supply the manifold requirements of a healthy body for the wide variety of chemical substances necessary to the health and the campaign that emphasizes one to the exclusion of the others is unworthy of public confidence.

"The per capita sugar consumption, for example," said the director, "has increased 25 per cent during the last decade. Mortality from diabetes, nephritis and cancer has risen at the same rate. There may be a relation. While sugar is an extremely important food too much of it is bad. Excessive sugar consumption, whether in the form of lolly-pop, pastry, syrup or something else, overloads the body with carbohydrates and deprives it of vitamins, minerals and chemicals found chiefly in cereals, fruits and vegetables.

"Dental defects are notoriously common among American people, the poor teeth of children being especially significant. The cause for this is largely a matter of faulty diet. Neither candy nor 'hot dogs' contain an appreciable amount of calcium or phosphorous, both of which are necessary to the construction of hard, durable teeth and bones.

"Rickets is another extremely common physical ailment, the cause of which is laid at the door of poor diet coupled with bad habits. It is estimated that at least 100,000 children in Illinois are suffering from rickets or undernourishment.

"White bread has come in for general condemnation in the enthusiasm

for special 'back to nature' food products, but there is no scientific basis for discarding white flour bread if one takes the pains to add a reasonable proportion of spinach, lettuce, cabbage and other vegetables to the menu. Pie has been condemned on general principle rather than scientific fact.

"Perhaps no other subject pertaining to health is more important or more abused than nutrition. The chief need is for the housewife to learn that a balanced diet, embracing meat, sugar, vegetables, cereals and dairy products in reasonable proportions is at once more economic, more healthful and more appetizing than is a lopsided diet, rich in one or more of these things, at the expense of the others."

CELEBRATE HALLOWE'EN

Friday, October 30, was the occasion of the Hallowe'en party at the Kenilworth club which proved to be a most successful affair. The hall was beautifully decorated. Pumpkins, Hallowe'en favors, and green and white balloons which hung in the center of the hall like a huge bunch of grapes and were lowered and caught by the dancers, were special features lending attractiveness to the affair.



"Going, Going, Gone!"

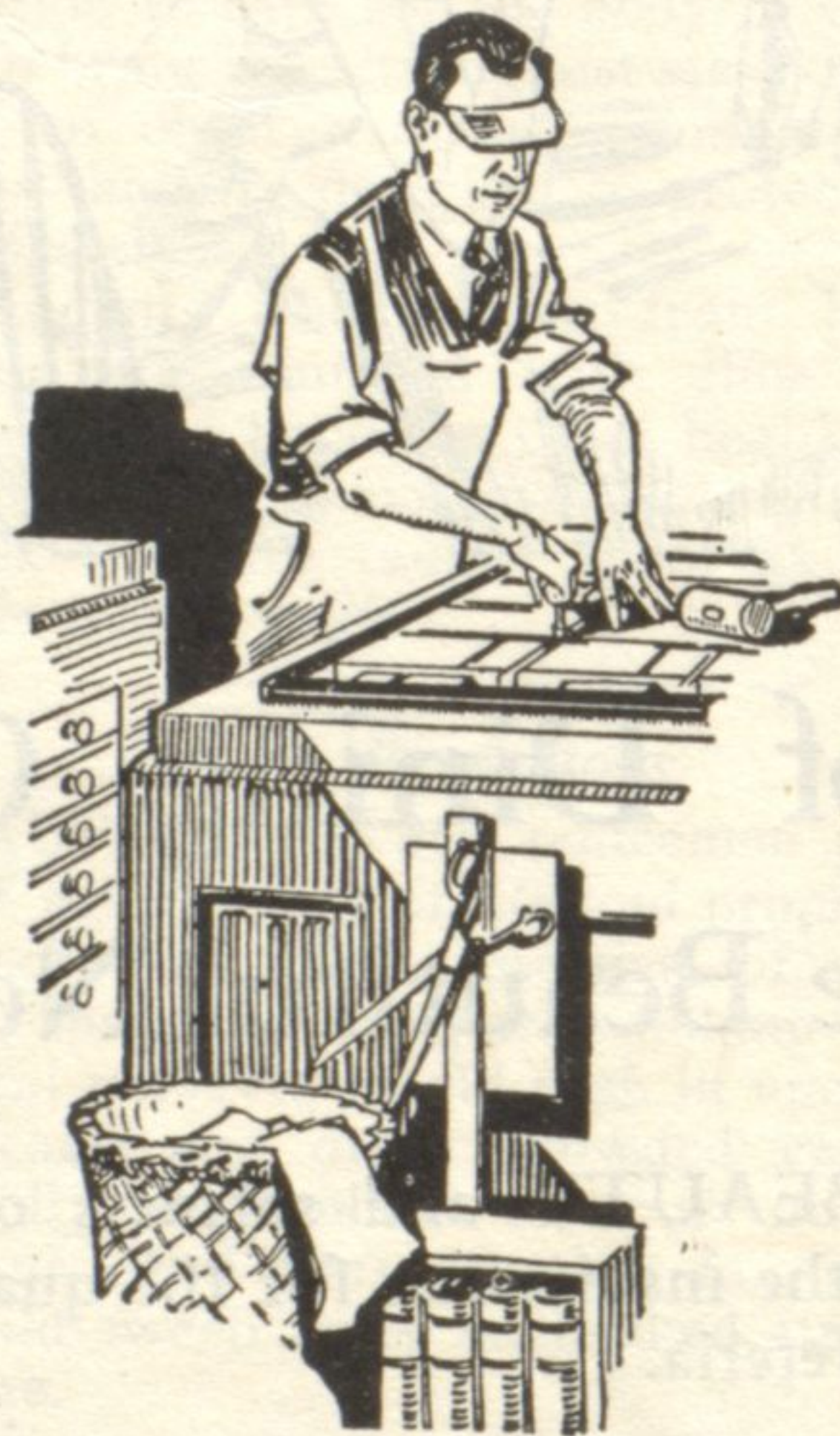
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