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The Need of Proper Diets; Variety in Food Is Essential

By Dr. Hugh S. Cumming.

It is a common fallacy in many minds that there exists somewhere in the world an ideal food—some one material that will satisfy all the needs of the body and that could this material be found we would be able to save much of the thought and expense of arranging our meals and be freed from the danger of eating the wrong kind of food.

Careful studies of food substances and their effects upon the human body, however, have taught us that there are few substances that contain the proportions of protein and fuel foods necessary to meet our needs.

If, for instance, you eat enough beef to satisfy the protein needs of the body and eat nothing else, you will have an insufficient supply of fuel. If you eat enough beef to supply the fuel needs of the body you will take in too much protein.

On the other hand, if you try to live on fruit you will have to eat about the equivalent of thirty-five pounds of apples to supply the necessary protein, whereas nine pounds would supply sufficient energy but there would be a shortage of protein.

Baked potatoes, onions, corn, almonds and bread approach a balanced diet, but even these fall far short. Potatoes and corn alone would have to be consumed in large quantities to meet the needs.

Taken by itself, good bread, made of whole grain, comes the nearest, perhaps, of all food articles to furnishing a balanced food diet of satisfactory bulk.

With bread is included a variety of flour preparations such as macaroni, biscuits, Vienna rolls, and crackers, but to try to live on these alone would be manifestly absurd.

Combination Necessary.

If we cannot live on bread alone, certainly we shall not be able to find any other one substance that will meet the dietary requirements of the day.

It is necessary to combine high protein foods with low protein foods in such proportions as will furnish bulk, the proper nutritive ratio, and will, at the same time, suit the taste.

Persons unacquainted with the importance of a balanced diet often purchase food entirely on the basis of appetite or the temptations of the market; also there are those who are so poor as to be unable to buy anything, but the cheapest articles to be obtained, and such persons often suffer from malnutrition.

In the case of school children the indulgence of the appetite in an excessive amount of sweets and the consequent throwing of the diet out of balance has been found to be a frequent cause of malnutrition.

The resort to cheap foods may lead to malnutrition through an excessive amount of starches.

Meat is a valuable food but there are objections to the excessive use of meat.

Bacteria thrive better in the intestines of those who eat too much meat and while there are both good and bad bacteria the products of the activity of these intestinal bacteria may sometimes be injurious. Also, with the excessive use of meat you are likely to accumulate an excess of protein.

Any excess of proteins, unless burned up by physical exercise, must be thrown off from the body by the action of the liver and kidneys because the body has no way of storing up a surplus of proteins. If we take too much fat or carbo-hydrates we are usually able to convert some carbo-hydrates into fat, but this is undesirable and overweight is dangerous after forty.

Fallacy of Superstition.

There is an old superstition that has gained much general credence.

You probably have heard it said that "Every part feeds a part," that is, that certain foods should be eaten for the benefit of special parts of the body.

If you stop to consider that in the process of digestion all carbo-hydrates are changed to simple sugars, all fats to simple emulsions and glycerins, and all proteins to simple nitrogenous compounds, you will see how absurd it is to claim a special value for one kind of food in connection with the building up of any special part or tissue.

Ordinary food materials contain an abundance of salts in their natural condition and except in gouty districts it is used to be unusual to see a person suffering from lack of minerals in the diet. With the development of manufacturing processes, however, and the over-refinement of certain foods which are prepared for the market, some lime, much of the phosphorus, and other of the mineral substances are frequently lost. Much vitamin is also lost in some of these processes.

The digestive system is subject to individual peculiarities, but there are some foods that are more easily digested than others.

Milk contains fats, carbo-hydrates, proteins, and salts in a very easily digested form. Meat proteins and fats of all kinds are digested with relative ease but the protein and fats of meat are inclosed within cell walls.

The material of which these cell walls are composed is not so easily digested. In cooking much of this material is broken up, but here again the manner of cooking has an important influence upon digestion.

PROBS:—Saturday, cold with occasional rain.

Saturday at Steacy's



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QUEEN OF BRITISH RUM RUNNERS



Mme. Gloria de Casares, wealthy Briton, owns the ship General Serrat (below), lying in the Thames at London waiting to sail for America with \$100,000 worth of whiskey. The crew, claiming their wages were overdue, refused to sail and would not even let her board her ship. Now customs officers are investigating, and Mme. de Casares, to add to her troubles, faces a charge of seeking to defraud a London store.

AT DESERT LAKE.

Meeting Held by Dr. Edwards at A. B. Page's.

Desert Lake, Oct. 5.—The meeting held by Dr. Edwards at A. B. Page's, Wednesday afternoon, was well attended. James Wilson was chairman. Mr. and Mrs. Pierce and friends, Mr. and Mrs. Parker, New York, are spending a couple weeks in their cottage at Desert Lake. Our schools are progressing finely under the management of G. Manson and Miss Warren. N. Albertson has a bee today at his new house.

E. Page has the masons building his chimney. He will soon have his bungalow completed. Mr. and Mrs. J. N. Abrams spent Sunday afternoon at Alfred Page's. J. Riddell spent Sunday at Hartington. William Deyo spent Sunday at home; he is continuing his studies at Queen's again this year.

Mr. and Mrs. E. Page and William Abrams motored to Fermoy box social on Friday night, and report a fine time and good music. Manfred Bauder at J. N. Abrams'. Alfred Page spent a few days at William Bauder's, Pleasant Valley; Mr. and Mrs. A. Pomeroy at H. L. Bauder's; Mr. and Mrs. Albert Rose at A. B. Freeman's.

Sudden Death Recorded.

Selby, Oct. 7.—There will be no service here on Sunday night, on account of the anniversary services at Empey Hill. The people were shocked to hear of the sudden death of Mr. Abbott. His funeral, held on Saturday, was largely attended. Mrs. Batstone returned home on Monday after spending a few days at Yarker with her friend, Mrs. Oldham. Miss Frisken attended the teachers' convention at Ottawa last week. Mrs. B. Denison is attending the convention at Pembroke this week.

Miss Hanson, Strling, visited her friend, Miss Aileen Batstone. The W.C.T.U. ladies met at the home of Mrs. Tommons on Wednesday. We are sorry to say Miss Myrtle Coolidge is still quite poorly. Mr. and Mrs. Price and Messrs. Richmond and Wood attended the funeral of the late Mrs. Coulter on Sunday. Visitors: Mr. and Mrs. K. Weese and children, Mrs. J. Weese, Mr. and Mrs. M. Dridge, at C. Arnold's; Messrs. Abbott at H. Abbott's; Mrs. L. Peters at A. Frisken's.

A motion is before the Ottawa council asking that a plebiscite be submitted at the civic elections on the question, "Are you in favor of the continuance of daylight saving?"

See Tweddell's Overcoats, \$22, \$25, \$28, \$30, \$32.

At Ottawa, William Doran, president of a construction company bearing his name, died on Thursday.

Champion Woman Golfer.
Westward Ho, Eng., Oct. 9.—Miss D. R. Fowler of North Hants won the British women's golf championship today, defeating Miss Joy Winn in the 36-hole final by 9 up and 7 to play.

St. James United Church, Montreal, is out of debt. It starts in the United Church free of mortgages or financial encumbrances of any kind. See Tweddell's Overcoats, \$22, \$25, \$28, \$30, \$32.

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- Rump Roasts 13c lb.
- Pork Sausages 20c lb
- Round Steak 15c. lb.
- Hamburg Steak, 10c. lb.

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