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**WHAT,
 WHEN
 AND
 HOW
 TO EAT**

**Man Has Advanced Along All
 Lines Except in Science
 of Eating.**

By EUGENE CHRISTIAN, F. S. D.

(Copyright, 1913, by American Press Association.)

MAN begins his struggle with the food question a few hours after his birth and continues until a few hours before his death. It is the one thing that engages most of his attention. It is, after all, the dominant thing in life.

He could live as his anthropoidal ancestors did—entirely without clothes or houses—but food he must have. He is in active contact with the food question about one-eighth of his entire life. If any intelligent man should take three lessons a day from a competent teacher in any of the arts or sciences for thirty, forty or fifty years he would no doubt be master of his chosen profession, especially if his teacher could not err—always taught him the truth. Man eats three meals a day, or about 1,000 meals during the year. Every meal is or should be a lesson, a sort of clinic, and Nature, his great teacher, never makes a mistake. Every symptom she gives to him is a truthful one. She speaks in a language that never deceives him, and yet at the close of a life, after eating three meals a day for forty, fifty, sixty or seventy years, the average man acknowledges defeat and declares that he knows nothing about feeding his body, and even if he does not acknowledge defeat disease is his accuser.

Disease is Not Normal.

The natural man is a healthy man. It is disease that has to be "caught," and most people chase it for years before Mother Nature will permit them to possess it.

Nature's laws are so simple, especially that of nutrition, that most people have entirely overlooked them.

The human body is composed of fifteen well defined chemical elements. A normal body weighing 150 pounds contains these elements in about the following proportions:

	Pounds.	Ounces.	Grains.
Oxygen	97	12	..
Carbon	20
Hydrogen	14	10	..
Nitrogen	2	34	..
Calcium	2
Phosphorus	1	12	180
Sulphur	..	2	270
Sodium	..	2	135
Chlorine	..	2	270
Fluorine	..	2	215
Potassium	..	2	200
Magnesium	..	2	180
Iron	..	2	115
Silicon	..	2	115
Manganese	..	2	30

Man could subsist indefinitely upon as few as six different articles of food, and, taken in certain proportions, he could with them keep his diet thoroughly balanced at all seasons of the year.

Perfect Health is Natural.

If these natural foods were prepared in a simple way and the taste trained to accept them they would appeal to the highest sense of hunger and eating would be far more enjoyable and the human body would give back the natural result, which is perfect health, but most everything man does to his food injures it.

I have before me a bill of fare sent by the proprietor of one of the large eastern hotels in order to show me his elaborate offering to the public. It is in booklet form and contains sixteen pages. There are fewer than half a dozen things on this entire menu that are really good food. About half of the things, however, were originally good, but they have been roasted, toasted, oiled, boiled, mixed, fixed, soured, sweetened, chopped, mashed, hashed, canned and fermented until they are a veritable olla podrida of dietic confusion.

Food, air and exercise are equally important. In fact, all forms of inanimate life are governed largely by these laws. The roots of plants and trees take in nutrition from the soil, while the leaves and buds take in oxygen from the air and throw off carbon dioxide the same as the human lungs, and the more the plant or tree is cultivated, exposed to the sunshine and blown about by the wind the more it will grow and the higher it will develop.

Curative Feeding.

Man has drifted along for many thousand years without giving any scientific attention whatever to his eating. He has selected his food and drink largely according to his appetite, and this has very often become warped and perverted by bad habits. As an illustration, from the standpoint of the scientist, all stimulating and sedative articles, such as liquor, beer, tea, coffee, tobacco and many drugs, are things that tear down instead of build up human tissue. Hence, from a scientific view point, the man who takes these things is acting as foolishly as the architect who would put one crew of men to constructing a building and another small crew to tearing it down.

We have, however, a great deal of disease to contend with caused by man's bad habits and in order to deal

with this subject scientifically it brings us directly into the question of curative feeding—that is, selecting, combining and proportioning food so as to remove the causes of disease. This subject, however, will be discussed more thoroughly in the latter part of this series. What I desire now is to point out the results of man's bad habits or lack of attention and obedience to the fundamental laws above named.

Nearly all animals on this globe except man live under normal conditions about eight times their respective periods of maturity. A horse, dog or cow that will obtain its growth in four years will live under ordinary conditions about thirty-two years. This rule applies especially to all anthropoid and quadruped specimens.

Life Needlessly Shortened.

Man matures or gets his growth at about twenty-four years. Measured, therefore, by the scale governing the lives of all other animals, he ought to live eight times twenty-four, or about 200 years; but, reckoning from the age of six, which takes him out of the infant class, man dies at a fraction over thirty-eight years of age, which is about one-fifth his natural period of life, while if we calculate from his birth his period of existence in all civilized countries is brought down to less than thirty-two years.

Man drinks the same water, lives under the same sunshine as his brother animals, but differs from them mainly in his food, air and exercise, the three fundamental laws above referred to. It is fair to assume that man is no exception to the general laws governing all other animals—that is to say, if he did not commit some very grave errors he would live his normal period of years, as perhaps did his ancient ancestors.

Man has greatly increased the productivity of labor by invention and the productivity of the soil by the science of agriculture. He has almost conquered the air and carried the transportation of intelligence (talking through the air) to its limit, but he has forgotten himself. In fact, just to the extent that he has progressed in all the other sciences he has retrogressed in the science of preserving his own health.

Where Science Has Failed:

Man is entitled by inheritance to live 200 years. Science therefore can boast only when it has carried him beyond this period. If he had given as much attention to the science of health as he has to that of mechanics and the accumulation of wealth there is every reason to believe that he could have doubled his present period of life or perhaps brought it up to or beyond the 200 year mark.

The difference between youth and age is, in fact, only a chemical difference. The differences between the stiff and flexible cartilage, the hard and soft artery, the normal and irritated nerve, the rich hemoglobin (red) and thin blood, the black and white hair, are only chemical differences. They represent deposits, things taken into the body which in some way the body could not cast out.

If man had studied his construction and maintenance and made of them a true science these chemical differences could have been known and their causes removed, and man would perhaps today be in possession of his birthright of 200 years. If he had carried the science of physiological chemistry and food chemistry to the same degree of development that he has carried industrial chemistry, no doubt he would be able to prolong his life even beyond the 200 year mark.

Vegetable Diet Ideal.

But his eating has been haphazard. The most important thing in life has been guessed at. Is it any wonder, therefore, that he is sick, weak, has gas fermentation, nervousness, indigestion, constipation, insomnia, backache, headache, gout, rheumatism, is too fat or too thin? Is it any wonder he is only 51 per cent efficient and lives only an average of thirty-eight years when he guesses at the material that makes his blood, bone and brain? All of this has changed hunger into appetite and health into disease.

All the chemical elements composing the human body can be found in the vegetable world in their best and purest form. It requires, therefore, but little knowledge to enable man to select his food from articles that will supply all these elements in approximately the right proportions, but to this important matter man gives practically no thought.

It is the boast of many a housewife who has a good cook that she does not know what is coming on her table. Feeding the family, therefore, is a system of thoughtless guesswork. Building the temple divine, the heritage of a million years of evolution, making the blood that feeds the little engine in our breast that pumps over twenty tons of blood above its own level every day, is left to mere chance, is left to the judgment of one who knows absolutely nothing about the chemistry or mechanics of the body or the chemistry of the material that builds up that wonderful structure.

Little Care Selecting Food.

No intelligent mother would give her child or husband medicine compounded by a druggist that knew nothing whatever about the chemistry and action of drugs, yet she is putting a prescription of food upon her table three times a day without any knowledge whatever of the chemistry of food or the nutritive demands of her family.

These are a few of the things that justify thoughtful people in the conclusion that the period of human life is only about one-fifth of what it should be. These are also some of the things that justify the calculation that about 90 per cent of all disease originates in the stomach and that incorrect eating is one of the principal causes of man's shortened period of life.

Dainty Tidbits.

Grapefruit Sherbet.—Take firm, sweet grapefruit, cut out the part containing the seed. Squeeze the juice out of the pieces and add the juice of one or more grapefruit. Make a sirup of three cupfuls of sugar, one quart of water and juice of one lemon. Cool and add to the grapefruit juice so that it makes about two cupfuls of juice. Add a wineglassful of sherry and freeze as you would any other water ices. Serve on the half grapefruit, placing one cherry on each.

Grapefruit Jelly.—Dissolve a tablespoonful of powdered gelatin in a cupful of boiling water. Stir in three heaping tablespoonfuls of sugar, four cupfuls of grapefruit pulp and juice, three tablespoonfuls of sherry and one tablespoonful of lemon juice. Cut preserved or candied cherries in slices to form rings, dip the rings of cherry in the grapefruit mixture. Put them into a mold; then fill the molds with grapefruit mixture. Put the grapefruit into molds a little at a time so the pieces of fruit will not settle to the bottom.

New Granges For Last Quarter.

The number of granges organized and reorganized from Oct. 1, 1913, to Dec. 31, 1913, both inclusive, is as follows: Organized—California, 2; Colorado, 5; Idaho, 1; Indiana, 4; Iowa, 1; Kansas, 5; Massachusetts, 9; Michigan, 3; Missouri, 4; Montana, 1; Nebraska, 9; North Dakota, 12; New York, 10; Ohio, 9; Oregon, 4; Pennsylvania, 3; South Dakota, 1; Washington, 8. Total, 91. Reorganized—Massachusetts, 1; Pennsylvania, 2; Washington, 3. Total, 6.

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Orr & Manning have opened up a new cleaning and pressing business at 5407 Seventy-second street.

S. L. Link of the Multnomah Sheet Metal Works is out of town for several days on business.

Peter Larsen is recovering from an attack of Typhoid-pneumonia, being out and around now.

The Millard Avenue Presbyterian Church won one of the prizes at the parade last Wednesday.

The Congregational Church will give a stereopticon lecture once a month, beginning Sunday evening.

Arleta schools are preparing a series of entertainments to be given during the summer season.

S. A. Forney has returned from California and opened a store at Whitman avenue and Seventy-second street.

Mr. and Mrs. Rigdon and family left Tuesday for their summer vacation.

C. A. Opegaard has gone to Denver on business.

A. M. Widener has the contract for remodeling a resident at Sixth-fifth street and Millard avenue.

and cut each half into four pieces. Dip in beaten egg and then in cracker dust and set in the icebox for an hour or two. Fry in deep hot fat to golden brown. Drain off the grease and lay on a hot platter. Garnish with parsley and slices of lemon.

For baking select a thick shad and prepare as follows:

Two Ways of Baking.

Baked Shad.—Cut off the head and tail of the shad, split down the back and remove the backbone and the small bones along the edge. Wash, but do not allow the fish to lie in cold water. Dry with a piece of cheesecloth. Brush a shallow pan with a tablespoonful of drippings and lay the shad in, skin side down. Sprinkle with a teaspoonful of salt and one-eighth teaspoonful of white pepper. Melt a tablespoonful of butter and put over the shad. Dust with a little flour and pour over one-half cupful of milk. Put into very hot oven twenty-five to thirty minutes. Bake till light brown. The hotter the oven the better the shad will be.

Planked Shad.—Split the shad as for broiling and place it on a buttered fish plank with the skin side next to the wood. Rub with melted butter, season with salt and pepper and place in the oven to cook. Baste with melted butter seasoned with walnut ketchup. Serve on the plank, bordered with mashed potatoes and garnished with slices of lemon and sprigs of watercress. Use any sauce preferred.

COOKING SHAD.

SHAD is a fish that is generally popular. Broiled, baked, broiled or fried, it is an appetizing and nourishing food.

A delicious way of broiling the fish is as follows:

When Broiled or Fried.

Broiled Shad.—Prepare and clean the fish. Split and take out the backbone; then marinate in olive oil seasoned with salt, pepper, minced onion and parsley. Drain and broil. Baste with the olive oil. Serve on a hot platter garnished with watercress. Maitre d'hotel sauce may be served with this.

Maitre d'Hotel Sauce.—Take half a cupful of butter and work into it a teaspoonful of minced parsley and all the lemon juice it will take up.

The sauce may also be made by melting the butter, adding to it a teaspoonful of minced parsley and the juice of half a lemon.

Fried Shad.—Clean and lay the fish in very cold water for a few minutes, dry and split the fish down the back

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