

Too Much Meat Eaten in Hot Weather

SO SAYS THE GOVERNMENT'S CHIEF FOOD EXPERT HIS ADVICE AS TO SUMMER FOOD

WASHINGTON, D. C., Aug. 15.—(Special Correspondence of The Sunday Oregonian.)—In behalf of both that considerable constituent of our society who live to eat, and that more numerous but less pretentious element who eat to live, a scribe called this week at the Federal Government's "poisoning-house" to interview its boniface-in-chief, the noted Dr. Harvey Washington Wiley, who some months ago was daily featured in the public prints as promoter of the Government's "poison squad."

The eternal unfitness of names has been fuel for philosophical outbursts since man ceased to be designated by his handiwork alone. We find the most indigent and humble beggar of the gutter adorned by the deceiving cognomen of King, while the very blackest Ethiope among us is very often known as White. So it is with the Federal censor of menus. There never was a less wiley man than Wiley. None of the cunning of the mouchard enters into the tactics which govern his official prying into the secrets of our palubum mongers. Before he embarks upon a crusade for pure foods he publicly announces the methods with which he will show the rascals up, and before he feeds poison-impregnated food to a "free boarder" he forecasts the kind of fits which the latter is liable to fly into when the poison takes effect.



DR. HARRY W. WILEY.

The Versatile Wiley.

A versatile and many-sided man, this arch terror of all adulterators, for whom unscrupulous food manufacturers and nostrum-makers look under their beds of nights. He will pound the most profound theorems into a scientific audience, moving all hearers to awe and grave reflection; will the same evening, at a banquet board, utilize his craft as a raconteur until the welkin rings with peals of laughter. It is rumored that the stimulation of his scientific audience, moving all hearers to awe and grave reflection; will the same evening, at a banquet board, utilize his craft as a raconteur until the welkin rings with peals of laughter. It is rumored that the stimulation of his scientific audience, moving all hearers to awe and grave reflection; will the same evening, at a banquet board, utilize his craft as a raconteur until the welkin rings with peals of laughter.

and it is this constituent in particular which causes undue labor of the kidneys. In Summer we should eat more of the succulent foods of the vegetable class and less of the concentrated foods of the animal category. While we should eat less in hot weather, we must never keep the stomach empty. The stomach and intestines need to be distended. Should you extract the nutrient constituents of hay and feed them to a horse in a condensed form you would kill him. The human stomach, as well as that of the horse, needs a large amount of indigestible material to keep the alimentary canal open.

Lump Sugar Will Banish Fatigue.

"Potatoes and fat meat are the best food for the laboring man—also sugar and syrup. A lump of sugar will restore elasticity to the muscles of a tired man as promptly as will alcohol, but the advantage of the sugar is the absence of a harmful reaction. Men on forced marches, athletes and those who make heroic physical efforts of any kind, should carry lumps of sugar and eat them from time to time. For emergency rations the French and German armies are now provided with lumped sugar.

"When greatly prolonged physical exertion is necessary, carbohydrates—not protein—are the best. Sugars and starches—should form the preponderant part of the diet. When the body is in exercise, carbohydrates do not produce obesity, only the sedentary man grows too fat from sugars and starches. The Japanese, on a diet mostly of rice, but with a moderate proportion of dried fish, can live out the American with his prodigious amount of meat. The old idea that the Frenchman, with his excess of wheat bread, can endure more physical fatigue and exertion than the American with his prodigious amount of meat diet is erroneous."

Less Sugars and Starches in Summer.

"But to what extent should we cut down our diet in Summer?"

"In Winter an ordinary man in sedentary employment needs food producing 2000 calories of heat per day. That same man in hot weather should get along on 1500 calories. A calorie is the unit of heat quantity employed by modern physicians. It is the quantity of heat necessary to raise the temperature of a kilogram of water from zero to 1 degree centigrade. Thus you see in Summer we need about five-sixths of the heat-producing food which we eat in Winter. Of course, the sedentary man needs much less than the laboring man. Whereas, the man who does no exercise needs 2000 calories in Winter, the man at manual labor needs 3000 to 3500 more."

It is really dangerous to drink ice water.

"Water too cold and drunk in large quantities chills and congests the coating of the stomach. Many people distill or filter their water to free it from pathogenic germs and afterward add ice to it, not knowing that the ice is just as liable to be filled with germs as is the water. This habit I find to result from the ignorant belief of some people in a so-called microbes cannot live in ice; that by bringing water to the freezing point these germs are killed. By freezing protein bodies only suspended animation in the pathogenic germs causing our common diseases. They merely hibernate in ice. We find some of these organisms living in the tops of the highest mountains where the temperature, the year round, is never below freezing. The best water cooling on the market has a separate ice compartment surrounding the water reservoir and the ice never touches the water. All drinking water should be distilled or at least filtered. The longer it takes the water to trickle through a porcelain filter the more thoroughly it is freed from germs as a rule.

New Study of Potomines.

"Yes, some very important ones. It will be principally directed to the question of unwholesomeness resulting from long periods of storage and from the consequent molds which produce ptomaines. Potomines are alkaloid bodies formed from animal or vegetable tissues during putrefaction of by pathogenic bacteria. They are toxins due to the activity of these organisms and belong to the family of serums.

"We will conduct these experiments in our kitchen and dining-room downstairs. Meats, vegetables and fruits are being kept in cold storage for periods of from one to five or six years, or even longer. My opinion is that under no circumstances should food be preserved over one year. I can carry out a cold-storage article the minute I taste it if it has gone beyond the reasonable point of preservation. Of course, some varieties of meat are greatly improved by being kept in cold storage for some weeks after being killed. It is not so, however, with fish and vegetables. Fish should be eaten just as soon as possible after being caught, and think that vegetables and most fruits should be eaten just as fresh as possible.

"Congress has given us authority to ascertain the storage limit for each food article."

Will you employ another 'poison squad' to eat ptomaines?

"I will feed some people in order to study the favor of the cold-storage foods. But in no case will experiments with ptomaines be made upon human subjects."

"The newspapers had a great deal of fun out of your former tests?"

"Yes, they did. One journal circulated the fiction that certain chemicals used as preservatives caused beautiful pink cheeks. Up to date I have received fully 2000 letters from women begging me for the formula." (Copyright, 1904.)

The Summer Sport of Portland Street Arabs

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was the liberal offer of entertainment made by a boy at Second and Ankeny.

"Easy money!" shouted his companions as the coin was handed over. "It's your treat, Shrimps—come on, now!" And poor Shrimps had his money invested in a glass of soda water into which four straws were thrust before he could remonstrate.

The river offers unparalleled attractions during the warm August days and the

Collie Drives Off Crows and Hawks.

Leeweston (Me.) Journal.

On a farm in Sangerville is a year-old Scotch collie which has taken upon herself the general oversight of things.

No crow or hawk can alight on the place and remain any longer than it takes her to get to it. Neither are hens and geese allowed to go beyond their bounds. The intelligence that she exhibits is wonderful, and it is safe to say that no other collie tempt her owner to part with her.

I shouted and I danced.

At last the trip was really o'er,

And all were brought to land.

I tell you I'm a wonder

Of a co-co-co-co-nut.

OUR FEATHERED WEATHER PROPHET—THE AMERICAN RAIN CROW, OR YELLOW-BILLED CUCKOO.



Directions for coloring: Top of head, olive gray; wings, cinnamon brown; breast, white; bill, yellow; tail feathers, with oval spots of white; feet, brown; claws, green; stems brown.

"Kuk! kuk! kuk! kuk!" croaked a long, slim, brown bird from the top of the elm tree.

"Oh, I suppose that means rain, doesn't it, mother?" asked Janet one cloudy afternoon.

"The rain crow seems to think so, dear," answered mother, "and he's usually a good prophet. That 'kuk! kuk! kuk!' generally means a storm."

"Janet! Janet!" called a voice outside the window. "I say, don't you want to see a cuckoo's nest? Harry says he'll show it to you if you hurry."

"Oh, mother, may I go, please?" begged the little girl; "I don't believe it will rain."

"Well, I'm a little afraid, with your cold."

"But I will come right back," interrupted her daughter; "please say 'yes,' mother, dear!"

Mother evidently was not proof against such pleading, and soon the three friends were hurrying off through the fields. Harry led them across the orchard to a side hill overgrown with sumach.

"There," he said, "it's right in that clump. See where I broke a twig off, so's I'd know where to find it again."

"The mother bird will let you go right up on top of the nest before she'll budge."

"Sure enough," as they crept up so near that the sumach leaves almost brushed their faces, the mother bird flew off with a startling whir of wings and took up her station on a neighboring tree.

The nest itself was loosely constructed of fine twigs, and was scarcely more than a rude platform, about a foot from the ground.

It was a marvel that the three small nestlings ever managed to keep from tumbling out.

"What queer-looking feathers the little birds have," remarked Janet; "why, they're all quills."

"Yes," explained Harry; "I was reading about 'em the other day. The little cuckoos keep the quill-like coverings on their feathers until just before they fly. These must be most ready from the size of them."

"What does the mother bird feed on?"

"Caterpillars, mostly. Sometimes she'll eat forty at a meal. The cuckoos kill heaps of the tent caterpillars that you find on apple trees. I found a tent yesterday that was just chock full of holes where the cuckoos had thrust their bills through it."

"Kuk! kuk!" sounded a mournful voice.

"Ugh! I felt a drop of rain," said Janet, "and I promised mother I'd come right back. I guess Mrs. Cuckoo wanted to remind me of it."

THE GARDEN FOLKS

By Clarence A. Hough. Illustrated by B. F. McCutcheon.

(Copyright, 1904, International Press Bureau.) THE KIDNAPING OF THE COCONUT.

One sunny April morning,
Not so very long ago,
I hung upon a leafy palm,
Not dreaming of a foe.

I hung there in the sunshine
In a distant foreign land,
I could not get my feet up,
So I hung there by my hand.

A bogie man came to the tree
And hit it with a rail,
I was not a hardy sailor,
I could not get my feet up,
So I hung there by my hand.

A bogie man came to the tree
And hit it with a rail,
I was not a hardy sailor,
I could not get my feet up,
So I hung there by my hand.

I lost my hold upon the limb
When the villain struck the tree,
I hit the ground such a dreadful thump,
For an hour I couldn't see.



I woke up in a coffee sack
And lay there quite aghast,
For almost I knew it
Original life was past.

I was young enough to kidnap,
So were others of my race,
And they didn't overlook me,
Though I've whippers on my face.

They threw me on a steamer,
In a hole as black as night,
I was not a hardy sailor,
But I kept my milk all right.

Before the voyage was over quite
They brought me from the hold
For the captain's boy to play with,
And I turned a sailor bold.



I shouted and I danced.

At last the trip was really o'er,

And all were brought to land.

I tell you I'm a wonder

Of a co-co-co-co-nut.

FRESH COCONUTS 5¢ EACH

A JULY REFLECTION.

A poor old strawberry defied his hat,

And wiped his hot, red face

From his very sad appearance

You'd guessed he'd lost a race.

TEN MILES TO DUMPSVILLE

I'm at the end of my string," he said,

And I'm old and pretty slow.

But about the last of Winter time

Then I am a peach, you know.

"I'm about four quarts for a quarter now,
Of course, I'm nearly done.
But wait till the end of December—
And I'll be a quarter for one."

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