

Notes on Health and Sanitation

THE QUESTION OF DIET.

ONE of the hardest things for any of us to understand is that what is good for our neighbor may be very bad for us. One man violates every tenet of dietetics and is perfectly healthy; his neighbor follows every dietetic rule religiously and is a chronic sufferer from dyspepsia. Both these cases represent extreme examples. But they illustrate how difficult it is to draw correct general conclusions from individual cases.

However, some facts about diet are established beyond contention. For example, every child at puberty requires a high protein (meat) diet for physiological reasons. But later in life, if sedentary habits are acquired, large quantities of meat are not essential, and may be positively harmful in certain conditions. Men who are doing hard physical labor require meat, or some suitable protein substitute.

For several years the efficiency of the Japanese soldier, who was supposed to live on vegetables, was a great comfort to vegetarians. But after the Russian-Japanese war it developed that the little men who bested the big Russians were not vegetarians at all. On the contrary it was shown from official sources that in proportion to body weight the Japanese sailors were given a larger meat ration than the British tars; and the Japanese soldier had a more abundant protein diet than any other army in the field has ever enjoyed.

Nevertheless, the dispute about relative food-values goes merrily on, largely because certain persons who have something to sell keep it going. A recent experiment from the opposing camp, however, gives some idea of what a poorly-balanced ration will do to rats. Professor Slonaker has completed some tests made with white rats of the same parentage and age, part of which were fed a mixed diet, including meat, and the remainder fed on an exclusively vegetable diet. The experiments are of some value, because the rat eats the same kind of food as man—when he can get it.

"The rats were placed in rotary cages to which speedometers were attached," runs the report. "There was an extraordinary discrepancy in the amount of work performed by the meat-fed and the vegetarian rats. The meat eaters showed an average ration of efficiency actually seven and a half times as great as that of their vegetarian cousins.

"This discrepancy is so great as to seem to prove almost too much. But the facts gain a new semblance of validity when we are assured that the difference in inactivity did not become to any considerable extent noticeable until after the lapse of two or three months. Taking the figures for what they are worth, it is recorded that at the end of 25 months the meat-eating female had a speedometer record of 5477 miles as against 447 miles of the vegetarian female. Meanwhile, the meat-eating male rat had run 1447 miles, whereas the vegetarian male had run only 290 miles."

Cheap Smoked Glasses.

First-class optical goods and first-class work in adjusting glasses cannot be purchased at cheap rates. You may be sure that if you are getting more than a moderate reduction from standard prices it is because workmanship or materials, or both, are inferior. This applies not only to ordinary glasses, but also and particularly to smoked glasses. The cheap grades of smoked glasses are not ground, but blown, and have the inevitable imperfections of blown glass. They should be carefully avoided, as their use may cause injury to the eyes.

Colic.

In the simple colic, the patient usually moves about restlessly and tries first one position and then another in order to gain relief. If, on the other hand, the pain is caused by some grave organic trouble, or if there is real intestinal obstruction or peritonitis, the patient can hardly keep still enough. The expression of the face is also a guide to diagnosis. The expression in simple colic may be agonized, but it is a very different thing from the pinched and anxious pallor that accompanies serious abdominal troubles.

Fresh air in Winter is just as important as fresh air in Summer and is harder to get. It is perfectly proper to have a warm house, public auditorium or school room, but they should be frequently aired by opening the windows and doors.

CHEESE AS MUSCLE BUILDER.

"CHEESE is a bargain food, so to speak," says a recent writer; "for at 25 cents a pound it yields a much greater return than beef at 25. An ounce of cheese, roughly estimated, is equal to about two ounces of meat in fuel value, or yields nearly twice as many calories."

But this isn't the only reason why cheese is a "bargain food"—at least in certain conditions. It so happens that, while it contains all the food values possessed by meat, it lacks the so-called purin bodies (bases) which are believed to be peculiarly harmful in certain conditions, such as chronic rheumatism, hardening of the arteries (arteriosclerosis) and some nervous diseases. Persons past middle life who are afflicted with any of these conditions, therefore, will do well to remember the cheese bargain-counter in their health-marketing trips.

There is an impression which seems to be almost universal that cheese is indigestible and constipating. Exhaustive experiments have abundantly proven that this impression is wrong on both counts. And it seems to make very little difference whether the cheese is cooked or uncooked, or which one of the 156 kinds of cheese is used. Cheese seems to be cheese in its effects, whether it happens to be the white, creamy kind made in the kitchen, or the hoary old Gorgonzola, made in—some very poorly-ventilated inclosure, one would judge.

The Department of Agriculture has just completed some investigations about cheese, with the following results:

Ninety per cent of the nitrogenous material of the cheese (our American factory cheese was used) is digested. Ninety per cent of the energy it supplied is available. Cheese does not cause constipation or other digestive disturbances. Cheese protein seems to be digested by the ferments of the intestines rather than those of the stomach. Cheese does not materially differ in difficulty of digestion from the same comparative amount of meat.

The Hookworm in California.

Most people are not aware that California, like the South, pays toll to the hookworm. "A single California mine employing over 300 men is estimated to have lost 20 per cent of the wages paid, or \$20,000 a year, because it has to carry on the pay roll a large body of men to replace those periodically unable to work because of hookworm anemia," says the Journal of the American Medical Association.

A peculiarity of this disease is its gradual, insidious onset. It may take months before symptoms become pronounced; but, given time enough, the victims all succumb—become pale, puny, shiftless and languid, unable to exert themselves, and robbed of their mental alertness as well as their vitality.

The disease is caused by little worms about one-third of an inch long which infest the intestine, where the females deposit from 1200 to 1500 eggs daily. These eggs are expelled unattached from the intestinal tract. But when they are brought in contact with warm, moist soil, they hatch into larvae of microscopic size which cling to blades of grass, leaves or any convenient object.

When these larvae find their way into the alimentary canal, they develop into full-fledged hookworms, set up business for themselves, and begin producing their daily quota of eggs and taking their toll of nourishment from their victims. It is this sapping of the victim's vitality that produces the symptoms.

To Overcome Faintness.

The feeling of faintness, or actual fainting, is often prevented by placing the patient in a recumbent position. When it is not convenient to do this, it is a common practice to have the patient lean as far back as possible in a semi-recumbent position. A much more effectual way, however, is just the reverse of this position—have the patient bend over and "put his head in his lap." This position not only relieves faintness more effectually, but more quickly, than the semi-recumbent position.

Notes on Sanitation.

It is interesting to know that 65 degrees Fahrenheit under the proper conditions, we can obtain a 40 per cent relative humidity, which is the natural standard for habitations.

Be sure and have baby's birth recorded. Much may depend upon it in later years. For instance, the right

of entrance to school, the right of voting, the right of employment and property rights, such as inheritances, bequests under wills, etc., depend upon an official registry of birth. Do it now if you have neglected it.

Playgrounds are as essential as classrooms in a properly equipped system of education. Children must have outdoor exercise to insure bodily health and vigor.

Everyone knows the terrors of the present war, but does everyone know the terrors of preventable disease?

Alcohol does not preserve health, although it is a preservative.

Clean streets and clean back yards necessarily mean clean citizens.

The Bridge of Dreams.

Over the dark and cruel stream that motherhood must cross
A Bridge of Dreams has flung its glistening spans,
And they who pass, with light hearts
Journey on,
Whispering to eager ears a wondrous tale.

In all the corners of the earth pale women hear:
Their sad eyes shine; the tidings seem too marvelous—
Too great the miracle—yet they believe,
And start with slow painful steps upon their pilgrimage.

The river's roar sounds closer and more terrible.
With faltering feet they near the bridge's gate—
When, lo! upon them falls the Twilight Sleep of rest.

A peace of floating cloud and Summer sea,
A world where Care is not, and Pain unknown . . .
And then—he river lies behind! God's greatest gift.

So loved, so feared, rests in their circling arms.
Unwittingly, the dreaded crossing has been made!

—Ethel H. Wolff, in New York Times.

Dwarf Essex Rape.

This is one of the best "catch crops" for hog pasture. In dry land districts it must be sown as early in the Spring as oats, or in the Fall after the hot weather is passed. When Dwarf Essex rape is sown early it will get a good start and is a fair drought resister. Sown in May or June, midsummer droughts are likely to kill it. It may be sown about the middle of September if the ground is moist and then will usually make good hog pasture until January 1. It withstands hard frosts and I have seen it alive and fresh in Colorado under a light snow.

Drill in rows two or three feet apart, using three to five pounds of seed an acre, and cultivate thoroughly until a vigorous growth is secured.

Prof. O. M. Morris, of the agricultural college at Pullman, Washington, says that the way to stop the spread of fire blight is to stop watering the trees.

Walnuts Are Dollars

They are now selling for the highest price ever known and have tripled in value in sixteen years. We sold our first crop of 1200 pounds of grafted Vrooman Franquette, from our ten-acre, six-year-old orchard, at an average of 25c per pound. This grade was 98 per cent of the crop, and we sold the 2 per cent of culls at 15c.

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