HOME AND FARM MAGAZINE SECTION

Notes on Health and Sanitation

THE QUESTION OF DIET.

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O'E 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 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) dist But Inter for physiological reasons. in life, if sedentary habits are nequired, 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 pro-tein substitute.

For several years the efficiency of the Japanese soldier, who was supat 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 Japthan the British tars; and the sale anese soldier "bad a more abundant protein diet than any other army in the field has ever enjoyed." Nevertheless, the dispute about ret-Nevertheless, the dispute about ret-inclosure, one would judge. The Department of Agriculture has just completed some investigations never the following re-

ative food-values goes merrily on, largely because certain persons who sults: have something to sell keep it going. A recent experiment from the oppos-ing 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 onts the same kind of food as man-when he can get it." "The rats were placed in rotary

cages to which speedometers were nt-tached," 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 vegetacousins. rian

"This discrepancy is so great as to seem to prove almost too much. But facts gain a new semblance of validity when we are assured that ciation, the difference in inactivity did not A per the difference in unsiderable extent 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-cating female had a speedof 5477 miles ometer record 118 against 447 miles of the vegetarian tality. female. Meanwhile, the meat-eating male rat had run 1447 miles, whereas the vegetarian male had run only 200 miles."

Cheap Smoked Glasses.

First-class optical goods and firstclass work in adjusting glasses can- contact with warm, moist soil, they not he purchased at cheap rates. You hatch into larvas of microscopic size more than a moderate reduction from or any convenient object, standard prices it is because work- When these larvae find their way They should be carefully avoided, as produces the symptoms, their use may cause injury to the eyes.

CHEESE AS MUSCLE BUILDER. HEESE 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 An ounce of cheese, roughly estimated, is equal to about two 25. ounces of meat in fuel value, or chronic sufferer from dyspepsia. Both 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 ar-teries (arterioscierosis) and some Persons past midnervous diseases. dle life who are afflicted with any of these conditions, therefore, will do well to remember the cheese bargaincounter in their health-marketing trips

There is an impression which seems to be almost universal that cheese to indigestible and constipating. Exhaustive experiments have abundantly great confort to vegetarians. But after the Russian-Japanese war it de-veloped that the little men who bested the big Russians were not vegetarians the big Russians were not vegetarians 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 heary old Gorgonzola, made in-some very poorly-ventilated inclosure, one would judge.

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 on other digestive Cheese protein seems disturbances. 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 heokworm. "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 Asso-

gradual, insidious onset. It may take months before symptoms become pronounced; but, given time enough, the victims all succumb-become puny, shiftless and languid, unable to exert themselves, and robbed of their mental alertness as well as their vi-

The disease is caused by little worms about one-third of an inch long which infest the intestine, where the femiales deposit from 1200 to 1500 eggs daily. These eggs are ex-pelled unhatched from the intestinal But when they are brought in tract. may be sure that if you are getting which cling to blades of grass, leaves

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 glis-

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-o great the miracle-yet they believe, ad start with slow painful steps

And upon their pligrimage.

river's roar sounds closer and more terrible.

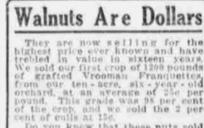
Unwittingly, the dreaded crossing has been made! --Ethel H. Wolff, in New York Times,

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 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 allve 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 agricul-A peculiarity of this disease is its ton, says that the way to stop the 300 acres in Fall-sown marges more can be put is marge bunch grass pasture; play and cross-fenced, abundance comfortable buildiniz; on mar road; 12 miles from compy a railroad; hornes, machiner, with place. Located in the ba district of Eastern dre. Fint acre; 34000 cash, balance or ments. apread of fire blight is to stop watering the trees



nt of culls at 15c. Do you know that these nuts sold or more applee than average ap-es and weighed only one-fiftcenth much? We have trees for sale rown from the science cut from this chard that have first-class roots well as the



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more terrible. With faitering feet they near the bridge's gate— When, lol upon them fails the Twilight A pence of fosting cloud and Summer sea. A world where Care is not, and Pain unknown . And thent—he river lies behind! God's greatest gift. So loved, so feared, rests in their circling arms. Unwittingly, the dreaded croasing has Might faitering feet they near the bridge's gate— 1600 ACR Stock Rand Stock Stock Rand Stock S

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standard prices it is because work- When these invase find their way manship or materials, or both, are in-ferior. This applies not only to or-velop into full-fiedged hookworms, dinary glasses, but also and particu- set up business for themselves, and larly to smoked glasses. The cheap begin producing their daily quota of grades of smoked glasses are not eggs and taking their toll of nourish-ground, but blown, and have the in-ment from their victims. It is this evitable imperfections of blown glass, sapping of the victim's vitality that. They should be carefully avoided, as produces the symptoms.

To Overcome Faintness,

Colle.

real intestinal obstruction or periton-itis, the patient can hardly keep still enough. The expression of the face is also a guide to diagnosis. The ex-pression in simple colic may be agon-but more quickly, than the semi-re-faed, but it is a very different thing from the pinched and anxious pallor that accompanies serious abdominal roubles. Notes on Sanitation, troubles.

Fresh air in Winter is just as im-portant 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 open-ting the windows and doors. ing the windows and doors.

The feeling of faintness, or actual fainting, is often prevented by placing In the simple colic, the patient usu- the patient in a recumbent position. In the simple colic, the patient usu-ally moves about restlessly and tries. When it is not convenient to do this, first one position and then another in it is a common practice to have the order to gain relief. If, on the other patient lean as far back as possible hand, the pain is caused by some in a semi-recumbent position. A much grave organic trouble, or if there is more effectual way, however, is just real intestinal obstruction or perion- the reverse of this position—have the time the nation, can hardly here still, position then determined the pain the head

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 re-corded. Much may depend upon it in later years. For instance, the right

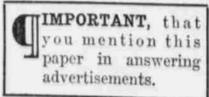
as well as top. Do you know that we have a seventeen-year-old orchard here in the Northwest that netted \$500 per acre last year? Write for prices and booklet on walnut culture.

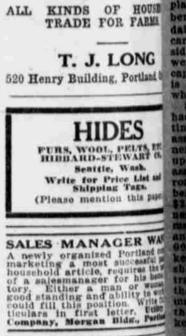
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