

New Things Not Found in Any Books

How WRONG DESSERTS Will Spoil A Good Meal

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JUST as the chemist can produce a definite result by combining certain elements, or the musician can produce the sweetest music by combining certain sounds or the artist can produce a great picture by combining colors, so also every intelligent person ought to be able to produce a definite or desired result by combining certain foods.

If we knew we were going to be exposed to zero weather we should begin to build the fire, or eat certain heat making foods the day before, or if we knew we would be exposed to excessive heat, we should limit the heat-making foods to the minimum.

We, of course, should know what foods produce heat, and we also should know what foods would build up the best muscular tissue with the least amount of heat. This would lead us naturally into the study of the simple principles of food chemistry, which is so important and which civilized people have all so much neglected.

Pastry Is Harmful to the Liver, While ACID FRUITS Will FERMENT THE STARCHES

When I say food chemistry, I do not mean that cooks, housewives and chefs should be food chemists, but every one who prepares food for the table should know what things to serve together and what things should not be served together.

The wrong use of desserts is perhaps the most injurious of all our eating habits.

The custom of taking something sweet at the close of a meal originated with the ancients, when sweet things were very scarce and served last, as a great delicacy.

Among many of the ancient tribes sweets were known only to the very wealthy and were served at the close of great feasts as a display of extreme hospitality and wealth.

There was some excuse in ancient times for serving sweets at the close of a meal, but at the present day, when sugar is so plentiful and so cheap, the custom should be reversed.

A dessert is nearly always taken after we have eaten all we need of plain food. It is therefore just that much extra which the body cannot use, and if it is digested and assimilated it is stored up in the form of fat, and if it is not digested and assimilated it undergoes fermentation, which is the first step in decomposition. This makes gas, produces congestion in the intestines, clogs the liver, and is the true source of about twenty-one different disorders, which are all diagnosed and treated as different diseases.

I do not recommend the use of sweets, especially ordinary cane sugar, but if we have these things upon the bill of fare we should eat them first. Having the best first, we would not be apt to overeat of the coarser and plainer food.



The natural hunger of a healthy person usually calls for what the body needs. If sweets are demanded they would undoubtedly taste better at the beginning of the meal, and if they are not then called for by natural hunger they should not be eaten. Thus it is that many a good meal spoiled by a sweet at its close.

The following desserts can be taken with reasonable safety with any ordinary meal:

Gelatin, junket, egg custard, pure home-made ice cream, baked apple without sugar, prune whip, dates, figs, raisins, baked bananas. A very ripe banana peeled and baked seven or eight minutes in a hot oven and eaten with cream is a most delicious and healthful dessert.

The following articles most commonly used as desserts, could not be recommended by any meal by one who understands their chemical action:

Cake, pies of all kinds, plum pudding, corn starch pudding and any form of dessert, made of fruit and pastry. The pastry is made crisp with fat, which is extremely difficult to digest and very severe on the liver, while the fruit has a tendency to ferment the starch, especially because the amount of grease it contains slows up its digestion.

Acid fruits, such as oranges, lemons, pineapples, strawberries, apricots, blackberries and grape fruit should never be taken with meals. No worse combination could be put together than grape fruit, oatmeal, sugar, cream and coffee, and this is the conventional breakfast. The coffee produces an excess of hydrochloric acid, which, supplemented by the citric acid of the grape fruit, ferments the starch of the oatmeal, which produces gas in both the stomach and intestines. This combination also makes the cream into

a tough curd, like flakes of chamois skin, while the sugar and acid are the ideal things to produce fermentation.

Many a so-called elegant course dinner starts with grape fruit and ends with ice cream and coffee, while bread, potatoes, rice macaroni and other starch foods are taken in between.

When the stomach, liver and all the digestive organs rebel against these customs, instead of heeding nature's language, we undertake to remedy the trouble by "taking something," instead of giving some thought to right and wrong combinations of food and endeavoring to remove the cause.

The acid fruits above named, including all kinds of berries, are useful in their place, but they should only be taken between meals, or the entire meal should be composed of nuts, fruits, salads and perhaps a neutral substance like eggs or fish.

Eating is a very important function. Everything we eat should be for a definite purpose instead of the mere satisfying of appetite.

The National Government has created a Bureau of Animal Industry, the purpose of which is to teach farmers how to raise the best stock. The chief thing in stock raising is their food. Nearly every farmer understands the effect of certain foods upon cattle, horses and hogs, but there is no place in the nation where he can get authentic information in regard to feeding himself or his family.

The human body, which is the sacred heritage of a million years of evolution, is built up wholly by chance, and feeding, which should be one of our greatest branches of science, is in reality a haphazard, hit-or-miss affair.

Why You Should NEVER RIDE SIDEWAYS

GROWING intelligence on the part of street car companies is gradually abolishing the old type of street car in which the seats ran lengthwise of the car, and by doing so they have added a year or two to the lives of the poor unfortunate who were compelled to ride on them. The street car passenger has always been conscious of the fact that the sideways seat was tiring, but never realized to how great an extent his life was actually shortened by the muscular and nervous exhaustion they caused. One of the explanations why commuting to a distance has not been found more crippling to the energy than living in the city in which one works, but at a considerable distance from the place of employment, is that the commuter usually rides in a train, with seats crosswise and with far fewer stops.

Man is not a crab and does not move sideways with any degree of ease. His muscles are not formed for that mode of advance. Let anyone who is in doubt on this point try to run sideways for a hundred yards, at a fair rate of speed—the strain upon the muscles will cause a contraction resembling paralysis. The forward movement of a street car, with its

sudden stoppage and jerks, is a constant sideways strain, and muscles which are not adapted for it are compelled to take up the burden of holding the body more or less rigid against the force which sways one rearward as the car advances and forward as the car is checked. To sway the body backward and forward from the hips entails practically no fatigue, for almost every movement of the body is accompanied by this, but to sway sideways—not from the hip, but by the curving of the spine to either side, is tiring in the extreme.

It has been calculated that when a street car traveling ten miles an hour is brought to a stop, the energy represented in the checked velocity is equal to a pressure of ten pounds upon the area of the surface of every passenger, or, in other words, that every time a car traveling at an ordinary rate of speed comes to a stop, it is equal to every passenger being pushed from his balance by a ten-pound weight. When, however, the car comes to a stop with a jerk, the actual energy is not increased but given sharpness of action, so that if the car came to a stop suddenly, under an emergency brake, the effect would be the same as being hit with a stone weighing ten

pounds traveling at the rate of ten miles an hour. In actual happening, when a car comes to a stop it does so with a series of little jerks, which have the same effect upon the muscles as being bombarded by several small stones. To a lesser degree the same causes of fatigue are put in action when a street car starts again, save that the motion is usually more gradual and there is no particular cause for jerks.

The crosswise seat in travel prevents much fatigue and the fewer steps there are the more easily does the body adjust itself to the motion of the car or train. This is one of the reasons why it is less tiring to travel on an express than on a local train and why a milk train is proverbial as being the most annoying and tiring of all trains on which to ride.

The equipment is less adapted for comfort and the stops are constant. But if every passenger of a side-seated street car will count the number of times his car stops before he reaches home and multiply that by ten he will discover that he has pushed against the force probably of half a ton, and if he has made the trip twice a day for a number of years he will have a record of muscular exertion to his credit which will enable him to realize why the trip home at night is so fatiguing.

Just Why HIDDEN RAT TRAPS Are Best

If you leave your rat traps out in the open, no matter how well baited they may be, your chances of catching a rat will not be as great as if you placed the trap in some out-of-the-way corner or nook.

Just why this is so is difficult to understand other than the fact that rats prefer to go after their food where there is more danger and where the difficulties are greater than to seek it in some simple and easy locality. For a long time it has been known that rats have a habit of rejecting food that is in the middle of a floor or shed, apparently just because it is easy of access. It may be that rats know food is not ordinarily left about in the open and so they suspect it, but do know food is generally tucked away on shelves and in the corners of closets and so seek it out there as a perfectly natural place for it.

Experiments have been made in granaries and it was found that by putting either the baited traps or the poisoned food used as exterminators in out-of-the-way nooks they either caught or killed off the rats much more quickly than by leaving these traps and exterminators out in the open.

Rats are not the only animals with peculiarities which are difficult to understand. Cats, for instance, will not thrust their paws out to a fireplace or warm stove, no matter how cold it is. They always stretch out sideways along side the heat while dogs almost invariably sink down and stretch their paws directly toward the heat. Whether the cat cannot stand

the heat on his head as well as the dog is only a guess, no actual reason for this having been proved.

Hens invariably scratch the gravel in their quest for worms and bugs, with their backs to the sun. Hens will see a bug quite a distance if they stand back to the sun, but overlook such a delicacy if they happen to be facing the sun and it is believed they lack protecting eyebrows and lashes to such an extent that the sun rather blinds them and so they naturally turn their backs to the sun that they may be sure to see whatever they scratch up. But still, this argument of one student does not always hold good since hens have been seen to scratch with their backs to the sun and then deliberately turn about facing the sun and pick out the worms and bugs they have scratched up.

And in mentioning such peculiarities, there is the common house fly. He will climb bravely and rapidly up the most polished surface, whether it be glass, or wood, or enamel. He will climb straight up with the same rapidity that he would walk across a level surface, but he never descends straight. That is, he will walk down at an angle, but he will not walk down in a straight line. If he wants to descend straight he will do it by flying. It would seem that if he can cling to a polished surface sufficiently to enable him to lift his weight upward he could hold back his weight and come straight down, but he never does this.

When the DAYS Will Begin to Grow LONGER

If anyone has ever worried over the claims that have been made that our days will become longer, they should cease their worrying right now, unless they have drunk of the fountain of eternal youth, because the greatest of astronomers and mathematicians have agreed that while it is true the days will become longer, the rate of their increase will be about 460,000 years for the first additional second.

It has been pointed out that a weight on a string revolved around the finger will increase its revolution as the string winds up. In the same way, claims have been made, will the earth increase its velocity on its axis as material is added to it.

There seems to be no question but what slight additions to the earth result as it constantly arrests and holds meteoric bodies.

Only rarely do large meteorites fall, but tiny particles are constantly added to it. Of course, this would take thousands and thousands of years to make the slightest difference in the revolutions of the earth, and would be largely offset by a slight shrinkage as the earth cools.

Astronomical observations extending over a period of more than two thousand years have failed to show any sensible changes in the day, but the influences of the tides must become evident after a lapse of a great many years. One authority has declared that the day may lengthen until it is at least fifty-five times as long as it is now; and that would be the period of the revolution of the moon around the earth. However, from all reckoning, such a day of thirteen hundred and twenty hours will not come for millions and millions of years.

YOU MIGHT TRY---

Stretching Tight Shoes.

TIGHT shoes may be stretched by filling them half full of oats, dampened with water. Plug the top of the shoes with paper, the dampness will soften the leather and swell the oats, stretching the shoes. Let the oats remain until thoroughly dry.

To Stop a Curtain.

If your curtain rolls up too violently and winds itself over and over the roller, put a screw in the wood stick at the bottom, and then, if you happen to release the curtain suddenly, it will not wind over the roller.

For Burnt Matches.

BURNT matches are dirty and dangerous to throw about, the charred wood leaving dirt and the glowing end sometimes burning a fine bureau scarf of polished wood. Have a little glass of sand and thrust the burnt end of the matches in this, thus preventing dirt and danger.

Home-Made Brass Polish.

AN unusual, but very good, brass polish can be made by allowing a bottle of any sort of ketchup to ferment. The fermented ketchup will polish brass or tinware with ease.

"Amusia," the Disease of FORGETTING MUSIC

THERE are various names for various forms of forgetfulness, as, for instance, "aphasia," in which the patient forgets the names of things or may forget entirely how to speak; and there is "agraphia," in which the patient forgets how to write; now we have "amusia," in which the patient forgets his music. This has been known to happen in many forms, such as musicians who play from memory being unable to do so, but able to play from notes, while others forget how to sing, although their speaking voice remains quite normal.

Such forgetfulness is really a disease of the musical memory, and while the term "amusia" has not been in use so very long, the fact that musicians sometimes do suffer from loss of musical memory has been known for fifty years or more.

In 1875 Barre, a tenor who was singing the important part of Petite Fadette at the Opera-Comique, was suddenly seized one evening in the midst of the performance by total musical amnesia. Neither the orchestra nor his associates, who sought to prompt him, succeeded in reviving his memory. He no longer understood what they were singing, nor could he emit a single note. On reaching home he was perfectly able to understand what was said to him in ordinary language, and to reply intelligently, but everything—words and music—which bore any relation whatever to the work which he had been singing, or, indeed, to any part of his entire repertoire, was completely forgotten. He recovered in a few months, and was able to resume his lyric activities.

Away back in 1852 there is recorded the case of a pianist, then widely known, by the name of Prudent, whose memory of musical notes was held to be remarkable, but one day, while playing in public, with orchestral accompaniment, one of his own errors, he suddenly lost all memory of things musical. At that moment his work was for him nothing more than incoherent noise; not a phrase of the orchestra, not a melody, did he comprehend. At the same time there was absolute inability to play even from notes. He went abroad the following day, having largely recovered, but thenceforth played only with the notes before him.

That a musician may forget to read his notes and forget tone values and yet be able to read printed matter and to talk intelligently is evidence that the part of the brain which enables us to read, play and sing music is separate from that by which we can read and talk.

Further proof of this lies in the fact that children sometimes sing before they can talk, and that idiots who sometimes are unable to talk can sing; drunken men utterly unable to talk can sing quite clearly. Birds that sing cannot be made to "talk"; there are many such examples showing that music affects an entirely separate part of the brain than do other things of life.

Telephone Poles Made of Glass

NEAR Frankfurt, in Germany, there is a manufacturing plant which turns out glass poles for telephone and telegraph wires. In order to give them solidity and strength there is a thick framework of woven wire in the glass. These poles are taking the place of the wooden ones in many sections of Germany.

It may be that in time all such telegraph and telephone poles throughout the world will be made of glass because there are so many advantages in them. In the first place they will last practically for all time, except in cases of unusual accident, where they may be broken, as in railroad wrecks. They will last even longer than iron or steel, as weather has practically no effect upon them, nor can insects get into them and destroy them.

And in these days when wood is becoming more and more valuable, it will be quite a saving of the precious wood to make such things of glass. Experiments are also under way for the manufacture of railroad ties of glass, in which wire netting is imbedded in the glass.

Paving blocks are made of glass and have proved to be a most valuable material for street surfaces, being fitted together in such a manner as to be water-tight, no water running down between the blocks. There are, in Lyons, France, a number of streets paved with glass, and they have a better resistance than stone, and also are not such great conductors of heat as stone. These glass paving blocks are now said to be actually cheaper than the granite blocks.

How to Avoid Common DANGERS OF ELECTRICITY

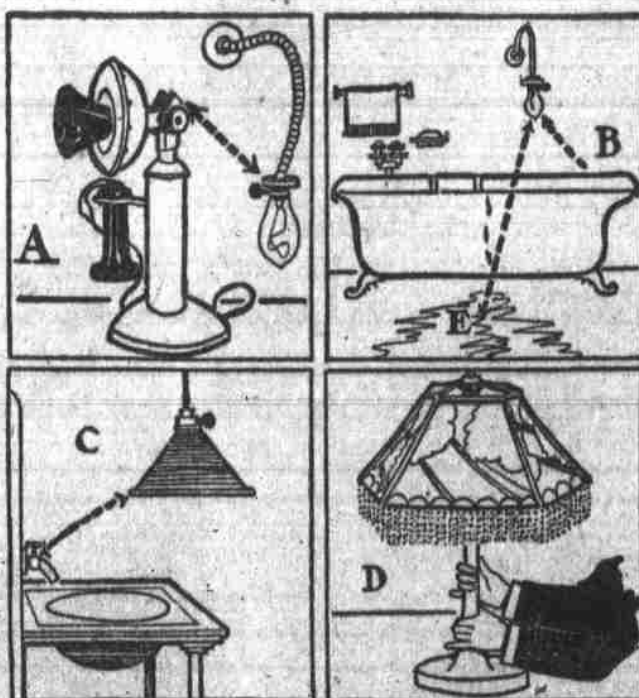
BECAUSE fatal, or even severe injuries, resulting from contact with electric light fixtures and wires in the home, office or factory are not frequent, it does not follow that there is not an element of danger, which every one should be taught to avoid.

A great many deaths have resulted from electric shocks received through electric light lamps in the homes. Poor insulation is responsible for this almost entirely, but one cannot go about making sure the insulation of the electric wiring in the house is perfect. It may wear off in various places, in fact, it does wear off, and again there are instances of cheap wiring and imperfect insulation. All these things are responsible for the accidents.

Of course, the most common accidents resulting from electric shock occur among electrical workmen, linemen, and such people, but in the dwelling houses only the shocks from electric light fixtures occur, and are, therefore, the common dangers.

There are a great many things to avoid doing if you would take almost every precaution. Some of these should be memorized and kept constantly in mind after memorizing. These are:

Never take hold of an electric lamp or drop light with damp hands.
Never touch electric light fixtures while



(A) Never Touch Telephone and Light Fixtures; (B) Never Stand in Bath and Touch Fixtures; (C) Never Turn Water Faucet and Touch a Light Fixture; (D) Never Take Hold of Electric Lamp with Both Hands; (E) Never Stand on Wet Floor and Touch Fixtures.

standing barefoot, especially when standing on a damp floor.

Never touch electric light fixtures while holding a telephone in the other hand.

Never touch electric light fixtures while turning a water faucet.

Never touch electric light fixtures while standing in your bath.

Never attempt to rescue a victim still clinging to whatever shocked him without insulating yourself, otherwise the shock will pass through your body equally powerful. Stand on two plates or two large platters, or a board resting on plates or bottles.

Children are taught the dangers of deep water, of railroad tracks, of high cliffs, and scores of other things, who are never told of the dangers of electricity.

It is true such accidents do not happen in the home very frequently, but that they do happen once in a while every one knows, consequently there is a certain amount of danger, and the danger, although infrequent, is sufficiently liable to prove fatal when it does happen to make it imperative that every one should know about these things.

Always remember the electric current is constantly running along the wires. Never touch any loose ends of wires that may be in your cellar, attic or any other portion of your house, inside or outside. If you find such wires, send for an electrician to fix them,