

# MODERN SYSTEM PERFECTS DIET

## Transportation and Storage Facilities Insurance Against Disease

SAN FRANCISCO, Calif., June 29.—Perfection of transportation and development of storage and marketing facilities operate in the direction of diversification of the diet and represent an insurance against the occurrence of deficiency diseases, Dr. Alonso Englebert Taylor, food research institute, Stanford university, told delegates to the seventy-fourth annual convention of the American Medical Association here. Dr. Taylor said:

"Diversified agriculture, efficient transportation and effective marketing protect the urban population against shortage of food supplies. It has become clear that under modern circumstances of economic pressure, large classes cannot safely be permitted to have their diets determined by chance, superstition, taste or price. Education becomes imperatively necessary.

"In a large country, including both temperate and semi-tropical zones, with areas of low and high rainfall, extending from sea level to the altitudes of our mountainous states, with ample avenues for transportation that include facilities for refrigerated shipment of perishable foodstuffs, with elaborate governmental regulations for control and inspection of produce, it would seem that every family should be in position to select foods over a wide range of choice, within the confines of the family income, vouchsafed by our high standards of living. Nevertheless there is clear evidence that this is not the case.

This is in part the result of ignorance and is as pronounced in the insular native population as in the unassimilated immigrant population. The wastefulness and inefficiency of our distributive system deprive classes with small in-

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28-5 CHAS. A. FRITCH

comes of opportunity to include in the diet articles freely produced within the country. Whether the cause of a one-sided selection of the diet be ignorant or poverty, the function of education is equally important.

"The campaign of education, particularly necessary in relation to children, represents insistence on the indispensability of milk, leaf vegetables and raw fruits in the diet. The public must be brought to the understanding that the maintenance ration must be held inviolable. The diet cannot be selected on considerations of price per pound or per calorie.

"With advancing knowledge, the thought arose to attempt the compounding of a single competent food. This is being undertaken, particularly in the direction of bread, of which a vitamin bread gives the best known illustration in the country. If full milk be used instead of water in the com-

pounding of bread dough, this alone makes the bread a relatively complete foodstuff. If, in addition, salts and water-soluble vitamins are added, the competency becomes complete.

"The lunch of the shopper, clerk and shop-girl, now largely sweet-stuffs, would be improved if the bread were milk bread. In practical terms, such a bread amounts to a bowl of bread and milk.

"It is indeed not out of the range of the imagination to look forward to the day when mixtures of salt and solutions of vitamins may be employed on the table after the fashion of condiments. This forecast has meaning for the physician as well as for the housewife. At the same time we recognize that such use of salts and vitamins would run counter to the natural concept of the cuisine, and might fall for that reason."

Kodak finishing at Stinson's. 31f

CHINESE TROOPS MUTINY SHANGHAI June 29.—Troops in Hupeh province have mutinied and

pillaged the city of Mien Yang, according to advices from Hankow. The dispatches add that the mutineers

carried off a number of captives. Advertising pays. Try it and see.

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And All Day Wednesday, July 4th.  
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