

FITCH TELLS HOW TO GAUGE FOOD VALUES

Method of Measuring Calories or Heat Units Explained.

DONE IN LABORATORY

NEW YORK, April 28.—Large people need more food than smaller ones, according to Dr. William E. Fitch, late major medical corps, U. S. A., who is an expert on the subject of food and food values, vitamins and such like details connected with that kind of indoor sports. Dr. Fitch, who has written a book called "Dietotherapy," recently delivered a lecture on the subject of food values before the Women's League of New York City, in the course of which he undertook to give a general outline of the food requirements of the body in health, at different times, and for different individuals.

No hard and fast rule, he pointed out, can be laid down regarding the exact food requirements which shall apply to all persons, as the personal equation is always a factor to be reckoned with. From the standpoint of both kind and quality, the needs of the organism in the way of food depend on many factors.

There is, for instance, the size of the body, large individuals requiring more food than smaller ones. The extent of the body surface, also, is a factor in determining the amount of food needed, the radiation of heat being relatively greater in those with proportionately large skin surface. The thinner the person, according to the lecturer, the greater the relative skin surface, and hence the greater demand for food.

Besides the person's size and area of body surface, other factors influence the amount of food required to keep the individual in a normal state of health and bodily equilibrium. The conditions of rest or work, the kind of work, the age, the sex, the character, as marked by restlessness or placidity, and even individual peculiarities, all have a bearing on the subject.

Research workers in food chemistry have calculated that the standard dietary for a man at moderate activity should be made up of protein, 15 per cent; fat, 15 per cent; and carbohydrates, 60 per cent.

The amount of food required to supply the heat expended per kilo (approximately 2.2 pounds) of body weight by an adult under various conditions, from absolute rest to strenuous work, Dr. Fitch placed at the average rate of 25 to 25 calories per hour for sustenance only during rest in bed and 120 calories per hour while doing extra hard work. Situated between these figures are the number of calories required for the various occupations, 35 per hour; very light work, 40 calories per hour; moderate work, 42 calories; and laborious work, 45 calories per hour.

NEEDS

Dr. Fitch told his audience that experiments conducted with a man in a respiratory calorimeter gave the following estimates of the average rates of heat production of foods under different conditions of activity: A man sleeping requires 65 calories per hour, sitting at rest 100 calories per hour, doing light exercise, 170; active exercise, 200, and severe exercise, 600 calories.

Assuming that the man sleeps eight hours, requiring 65 calories each, he requires during his sleeping hours 520 calories, estimated six hours of the day sitting at rest at 100 calories gives 600; light exercise for two hours, at 170, equals 340 calories, and active exercise eight hours at 200 calories, 1,600. Adding these figures, the total of food required by him per day being 3,720 calories.

The figures must be calculated differently for different occupations and to cover different walks of life. But here are a few assembled to save time: On the preceding schedule, a tailor would require 2,500 calories; a bookbinder, 2,400; metal worker, 3,200; painter, 3,300; stone mason, 4,700; wood Sawyer, 5,800; a seamstress, sewing by hand, 1,800 calories; by machine, 2,100; general household servants require 2,900 calories a day and the washerwoman, 3,400. Sawing wood tops the list in actual figures. It will be noted, with 5,800 calories, offering an obvious explanation, said the doctor, for the reluctance of hungry "Weary Willies" to indulge in too much of this strenuous pastime before supper time.

An average ration of about 3,000 calories, divided into its proper percentages, would equal 16 per cent, 120 grams protein; 15 per cent, 150 grams fat; 65 per cent, 495 grams carbohydrates.

All food possesses potential or latent energy which, with combustion, becomes kinetic or actual energy. When oxidized in the body, this energy is converted into heat and muscular power. This energy derived from foods represents the heat or fuel value and it is, therefore, usually expressed in terms of heat or calories.

IMPROVING ON NATURE

In the remote past, nature's scheme for feeding man may not have contemplated the accurate measuring of his food beyond the point of providing him with healthy, normal instincts. But, at the present time, food requirements have become a matter of accurate estimation rather than of instinctive intuition, said the doctor. Undernutrition can be demonstrated by direct dieting investigations, the increased demands for food fuel for the working man, as well as the relative abundance of the ration for the infant at different stages of growth are no longer matters of mystery.

"The last two decades," said Dr. Fitch, "have witnessed the development of scientific methods rendered possible by relatively accurate investigation pertaining to the full value of foodstuffs. It has been shown that the transformations in chemical energy take place and work in the animal body into heat according to the same general laws and with the same equilibrium as in artificial motors and in lifeless matter, generally."

"The great law of the conservation of energy rules in the animal mechanism whether in man, carnivora, herbivora or frugivora, just as in the engine. All that the animal gives out it gets from its food and all that is supplied in its food is sooner or later recovered in some form. We are freely justified, therefore, in speaking of the food as body fuel, and in our studies of its utilization we may be confident that the food energy which does not reappear in the form of work has not been lost, but has been stored up in the body as the chemical energy metabolism, and it has been my purpose to name a board who will give a fair and honest count of the votes as they are cast."

"Your request that the Beveridge forces be given representation on the various primary boards comes at the time when the primary boards already have been prepared and at the very hour when I am certifying them to the board of election commissioners, as the law requires."

"The law imposes upon me the obligation of naming the primary boards. I have had requests from numerous candidates for representation on the primary boards. We have, as you know, two candidates for United States Senator, four candidates for Representative to Congress, besides numerous other candidates for county offices. As there are but three places on each primary board, you will see the impossibility of granting the request of each candidate, and I have therefore proceeded to select the various boards without partiality to candidates."

Dry Agents Kill Texas 'Shiner'

SAN ANTONIO, Texas, April 28.—One man was killed by prohibition officers who continued war on moonshiners in Texas today. Frat Dayton, 28, farmer, died from wounds he received when dry agents engaged three men in a gun battle during a raid on a place near here, where it had been reported bootleggers were to have delivered sixty-three gallons of liquor.

Daylight Saving to Have Open Hearing

A public hearing on the daylight saving ordinance will be held by the city council Monday night Theodore Bernd, president of the council, announced today. The ordinance was passed by the council some time ago and voted by Mayor Shank. An effort is being made by some council members to pass the measure over the veto.

HARDING IS ANXIOUS FOR LAD'S SAFETY

Expresses Sympathy for Band Boy, Hurt in Collapse of Boat.

YOUTH MAY NOT LIVE

ABOARD PRESIDENT'S SPECIAL TRAIN, EN ROUTE TO WASHINGTON, April 28.—President Harding's first expression when he arose this morning on the train that he taking him back to Washington from Cincinnati, was that he earnestly hoped for the recovery of little Wilbur Morgan, the 14-year-old boy who lives at the threshold of death as the result of a collapse of the upper deck of the steamer Island Queen which was trailing the President's boat to Point Pleasant late yesterday.

Morgan was a member of the Manchester, Ohio, schoolboys' band and suffered a severely sprained back, which may prove fatal.

A cloud of sadness hung over members of the Presidential party as they broke fast on the train, their conversation being confined almost entirely to the catastrophe that marked the Grant Centennial celebration on at Point Pleasant.

INVESTIGATES CRASH CAUSE

CINCINNATI, April 28.—Capt. George W. Dameron, of the United States Inspection Service, began an investigation this morning of a report the collapse of the third deck of the Island Queen, while the steamer was carrying 1,500 passengers in a bomb calorimeter celebration at Point Pleasant yesterday, was due to the supports of the deck being tampered with and weakened by some unknown individual.

3 MINERS DIE IN BUNKHOUSE

Three Others Injured When Bomb Is Thrown.

APOLLO, Pa., April 28.—Three non-union miners were killed, one seriously injured, and two others slightly hurt when a bunkhouse near the Patterson mine of the Kiski Valley Coal Company at West Apollo was dynamited early today.

A bomb was hurled through a window of the bunkhouse, a small structure containing one room, in which several men were sleeping.

The dead: STANLEY MEILKE, 30, leaves a widow and four children. ANDREW BORNISIAK, 25, leaves a widow and three children. FRANK RIDGSKI, 50, leaves widow and seven children.

The mine is located in Westmoreland County, across the Kiskimutius River from Apollo and employs about seventy-five men.

P. O. Employees Plan Improvement Week

A meeting of the general committee of postoffice employees to discuss plans for postal improvement week, which will be observed throughout the country next week, will be held in the first floor room of the Federal Building tonight. The committee is composed of about thirty employees, representing all departments of the postoffice substations.

Hope to Prevent Future Floods

WASHINGTON, April 28.—Representatives in Congress of the Mississippi Valley flood area, met today to discuss relief measures and to outline a policy of flood prevention through legislative action to obviate the danger in future years of disastrous floods.

\$100,000 TO PORTER. WARSAW, April 28.—Baroness Olga Ladislav bequeathed \$100,000 to the porter of a hotel in her will. Her relatives will contest.

Annual Spring Sale

QUAKER TIRES with tempered rubber tread is not merely a tire to fit the rim at a low price, but a tire to give you unusual service at a very reasonable price. When you pay less per tire your mileage will cost you more per tire.

SENATOR NEW WINS COUNTY ORGANIZATION

(Continued From Page One.)

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Blue Ribbon Oil

Made from Pennsylvania Crude. Bring Your Cars.

"Quality Considered, We Sell It for Less"

OPEN SATURDAY EVENING TILL 9 O'CLOCK.

CITIZENS AUTO SUPPLY CO.

WHOLESALE PEARL C. BARNES, Mgr. RETAIL Homer E. Enlow, Asst. Mgr. Mass. Ave. at Delaware and New York Sts. MAIN 4168

NOW, YOU SEE IT'S LIKE THIS—



There is something earnest and impressive in the countenances and gestures of Lloyd George and Signor Schanzer, Italian statesman, as they walk in the courtyard of the Royal Palace at Genoa.

CITY JOINS IN PROTEST OVER 'FACTORY' SITE

Question of Locating Blind Industrial School in Residential Section.

After civic societies and citizens had expressed belief that the industrial school for the blind, which the State proposes to locate at Thirtieth and Elbel streets, will be nothing more than a "broom factory" and therefore detrimental to a residential neighborhood, the city plan commission today adopted a motion expressing disapproval of the location of "a factory" at this point.

The plan commission's action was a motion expressing disapproval of the location of "a factory" at this point. The board of park commissioners passed a motion expressing disapproval of the location of "a factory" at this point.

Members of the park board and plan commission express the opinion there is nothing they can do to prevent the State from putting the school on the site.

Asks Divorce and \$20,000 in Alimony

FRANKFORT, Ind., April 28.—Suit for divorce and \$20,000 alimony, was filed by Mrs. Mae Harness against her husband Charles E. Harness, a well-known business man here. Mrs. Harness says her husband owns real estate valued in excess of \$100,000. She alleges cruel and inhuman treatment, declaring her husband frequently beat her, and that on the day of their separation he "blackened her eye."

Brosier, Fugitive Again, Arrested

KOKOMO, Ind., April 28.—Police here have been informed of the arrest at New Orleans, La., of Jesse Brosier, 38, who is wanted here for burglary and grand larceny. It is understood he will be prosecuted there, for housebreaking and carrying a deadly weapon. Twice he escaped from the authorities of Cass county, after prison sentences were imposed on him.

"FLANNELFOOT" BURGLAR. HOUSTON, England, April 28.—A burglar operating in his district has been christened "Flannelfoot" by the police because he pads his feet before entering a house.

Men, Don't Lose Your Money!

You don't have to pay \$40 and \$50 for tailor made suits. You can buy them here at—

Wool tailored to measure suits up to \$35.00 value \$9.98

All wool tailored to measure suits up to \$50.00 value \$14.98

You are invited to come in and examine the goods.

Other Great Bargains Here

Granger Department Store

336 West Washington

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LODGE HOPES TO GET BONUS FUNDS 'EASILY'

Republicans Say No Added Burden on Treasury Necessary.

WASHINGTON, April 28.—Senator Lodge and other Republican leaders are of the opinion that whatever soldiers' bonus plan is adopted finally can be readily financed without imposing a serious drain upon the Treasury, it was ascertained, from official sources today.

The cut of \$3,250,000,000 which it was said had been made in the national debt since 1919, has left them convinced that the deficit of \$20,000,000 or even \$500,000,000 Secretary Mellon stated recently was threatening the country, should not stand as an argument that the Government cannot afford to take care of the bonus.

They believe that the bonus can be provided "easily" by the issuance of additional certificates of indebtedness, for which the Treasury was given ample authorization by the Liberty Bond and Victory Note acts, until such time as interest payments on the British debt become available.

One Negro in Jail, Other in Hospital

BLOOMINGTON, Ind., April 28.—"Dollar Bob," proprietor of a clothing store, is in the hospital with three bullet wounds in his body and T. Quarles is in the city jail, charged with assault, as a result of an alleged poker game at "Dollar Bob's" place. Both are negroes.

Five Protestants Killed in Cork

CORK, April 28.—Five prominent Protestants were murdered at Bullinane and Clonakilly, in County Cork, last night. The murders were apparently in reprisal for the killing of Catholics, in Belfast. All Protestants have been ordered to leave Dunnamway, County Cork, where three were shot dead, Wednesday night.

Work Starts on Building at I. U.

BLOOMINGTON, Ind., April 28.—Work has been started on the new \$200,000 stone building, which will house the school of commerce and finance at Indiana University. The building will be ready for the opening of the fall term, in September.

ARMED MEN ARE SAID TO HAVE RULED MINERS

Witness in Alleged Treason Trial Says 'Mother' Jones Appealed to Men.

CHARLESTOWN, W. Va., April 28.—Armed men prevented the miners' army from dispersing at Marnet, W. Va., Aug. 24, 1921, after "Mother" Jones, labor leader, had appealed to them to go home, according to evidence given at the trial of William Billard, charged with treason against the State here this morning.

J. F. Stewart, a member of Dry Branch local, United Mine Workers of America, the first witness for the state, made this statement on direct examination.

PIGEON-POTATO.

TOTTENHAM, England, April 28.—A freak potato found here almost exactly duplicates a pigeon in shape and size.

Pearson Piano Company

Announcement

TO THE PUBLIC:

THE FIRE WHICH BROKE OUT IN THE BASEMENT TO THE REAR OF OUR BUILDING LAST SUNDAY NIGHT MAKES IT NECESSARY FOR US TO TAKE TEMPORARY QUARTERS ELSEWHERE.

ACCORDING TO BEST ESTIMATES FROM THE CONTRACTORS, ABOUT SIXTY DAYS WILL BE REQUIRED IN WHICH TO REMODEL OUR BUILDING. WE HAVE TAKEN TEMPORARY QUARTERS AT THE FORMER MARROT DEPARTMENT STORE, NOS. 342-358 MASSACHUSETTS AVENUE, WHERE ALL PAYMENTS ON ACCOUNTS AND ALL BUSINESS WILL BE TRANSACTED UNTIL THE COMPLETION OF THE REMODELING OF OUR WAREHOUSES.

ALL INSTRUMENTS THAT WERE IN TRANSIT, TOGETHER WITH THOSE INSTRUMENTS IN OUR WAREHOUSE, HAVE BEEN PLACED IN OUR NEW TEMPORARY LOCATION AND ARE NOW READY FOR INSPECTION. OUR TELEPHONE NUMBER AT THE NEW LOCATION REMAINS THE SAME, MAIN 1309.

Pearson Piano Company

342-358 Massachusetts Ave. Established 1873.

Patent Strap Slippers

Another shipment women's and growing girls' one-strap patent leather slippers, perforated or plain tips, low rubber heels. Specially offered at Rapp's cut prices at—

\$2.98 \$3.48

and **\$3.98**

Pearson Piano Company

342-358 Massachusetts Ave. Established 1873.

Try Rapp's Expert Shoe Repairing While You Wait

Statement of Condition OF THE

North American Accident Insurance Company

CHICAGO, ILL.

209 S. La Salle St.

ON THE

31st Day of December, 1921

R. C. WALLER, President. A. E. FORREST, Secretary.

Amount of capital paid up...\$ 200,000.00

NET ASSETS OF COMPANY.

Cash in banks (on interest and not on interest)\$ 91,410.71

Bonds and stocks owned (market value)\$ 581,381.10

Mortgage loans on real estate (free from any prior incumbrance)\$ 258,665.43

Accrued securities (interest and rents, etc.)\$ 10,308.04

Collateral loans\$ 1,200.00

Premiums and accounts due and in process of collection\$ 128,874.70

Total net assets\$1,069,839.98

LIABILITIES.

Reserve or amount necessary to reimburse outstanding risks\$ 477,545.40

Losses unadjusted and in suspense\$ 157,821.60

Risks and amounts unpaid\$ 6,642.63

Other liabilities of the company\$ 82,703.30

Total liabilities\$ 724,712.93

Capital\$ 200,000.00

Surplus\$ 176,127.05

Total\$1,069,839.98

State of Indiana, Office of Commissioner

I, the undersigned, Commissioner of Insurance of Indiana, hereby certify that the above is a correct copy of the statement of the condition of the above mentioned company on the 31st day of December, 1921, as shown by the original statement and that the original statement is now on file in this office.

In testimony whereof, I hereunto subscribe my name and affix my official seal, this 1st day of April, 1922.

T. A. McMurrah, Jr., Commissioner.

ANHEUSER-BUSCH, INC., ST. LOUIS

Wholesale Distributors Indianapolis, Indiana

Old Phone Main 0211, Automatic 31-148

An Unusual Laundry Service

Modern washing in compartment machines without tags or marks.

Semi-finish service—all flat pieces neatly ironed; wearing apparel needs little retouching.

Call WEBster 1925.

Triangle Laundry

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