

# The Philosophy of Right Living Foods

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A engine cannot run without fuel; nor can it run continuously; it must have rest. It needs also oiling and repairing. The requirements of the engine are analogous to the needs of man's body. The body requires certain things viz: Fuel or food, a time of rest, and a time for repair.

Early man was satisfied with a cave or a platform of branches for his habitation. His principal occupation was in keeping his body alive, for this purpose he gathered food. Against the inclemency of the weather he covered himself with the skins of beasts. Man an intelligent being evidently improved upon these meager conditions, for at the present day we find him equipped in a large variety of work far advanced above his original desires, but so numerous has man become and so dependent is he upon his first necessities that a shortage of meat or of crops frequently results in his starvation. The great problem of life is therefore the production of food, and as different kinds of employment have called upon food properly does not mean to season it highly or to disguise it with flavors, so that it is pleasing to the taste but disgusting to the stomach; but to cook it plainly, so that the greatest physical nourishment may be gained. A good appetite usually is a sign of good health, but an appetite made good by its subjection to pleasant flavors is conducive to the stomach's destruction. The person who desires flavors instead of foods, usually korges himself. It is far better to arise from the table feeling a little hungry than to arise feeling overfull. Individuals who are habitual banqueters have frequently to take the great cure for dyspepsia, namely starvation. Many foods to be palatable and digestible should be cooked. The stomach of man through centuries of habit has become accustomed to the digestion of cooked food. The acid and alkaline juices of digestion are not powerful enough to chemically change the myosin of raw meat, nor to break the walls enclosing the starch grains, but there are foods of the fruit variety which we may eat uncooked and which supply salt and sugar, and also act as very gentle laxatives.

## Cooking Kills Germs.

Cooking destroys disease germs, and the power, in some cases, of their toxins and also such forms of parasitic animal life as the tape worm and the trichina. Both of these, well known to the medical world come from eating meat. The tape worm may be found in either beef or pork. The beef tape worm is the most common in the United States. Its life history is as follows: After it obtains residence in the body, it attaches itself by hooks or suckers to the intestinal wall, and develops flat egg sacs. It absorbs its nourishment from the digested food of the intestine. In the course of time the egg sacs ripen consecutively and pass from the body in the excrement. The eggs being at liberty are scattered promiscuously and some are incidentally eaten by a beef or a hog. The life cycle is thus completed. The peculiarity of the tape worm in imbibing digested food causes a continuous waste both of the food and the energy of the digestive organs, besides causing an insufficient supply of assimilable material for the general tissues of the body. The tape worm causes weakness of the body and a general susceptibility to disease.

## A Dreaded Parasite.

The trichina causes the disease known as trichinosis. It is found in unseasoned pork. Its cycle of existence consists in a journey from a rat to a hog, and from a hog to a man and from the corpse of the man again to the rat. It is one of the most dreaded of human parasites. The introduction of a single egg into the stomach will in a brief time give birth to 60,000 individuals perfectly distinguishable to the unaided eye. After lodging in the stomach for a time, they then begin a migration through the stomach walls. During this migration the person attacked suffers a high fever. The trichinae eventually lodge in the muscles of the loins and there become encysted, should the individual survive until this happens, he has nothing to fear, except for a stiffness and an occasional dull pain in those regions. He may live many years. His death results in the liberation of the encysted trichinae provided rats have access to the decomposing body. These two examples I cite to you of the parasitic dangers attending careless eating. They are only two of similar hundreds.

Cook meat well and cook it properly. The myosin or albumen of meat is coagulable with heat, hence the more it is cooked the more tenaciously does the albumen cling—it cannot be cooked out; it is appar-

ent therefore that beef broth made from chopped beef is useless as a food. All we obtain by that process is water flavored by a few extractives, none of them being albumen, none of them of much more consequence than the water in which they are boiled. Extractives of beef made by extracting the albumen with dilute acids are highly important, since the real nourishment is obtained. Besides destroying germs and parasites, cooking loosens the connective tissue which holds the muscle fibers together—muscle is the lean of meat—and makes them more easily attacked by the digestive juices.

## Chew Food Well.

Food should be well chewed. Good teeth are a prime essential, whether natural or false, and it should be a matter of concern to every person to have a reliable dentist to examine the teeth at least once each year. Good teeth are kept healthy by usage. The teeth are the hardest portion of the body. They are kept healthy by exercise, and the exercise does not consist in chewing gum or in eating ice cream, but in fitting food that is resistant, and chewing it with knowledge. The eating of soft foods causes the teeth to decay; causes them to lose their firmness in the bones of the jaws, and permits the inroads of an animal form called Plasmodium Pyorrhea. It is advisable to chew each piece of resistant food or similar substance, Jim Brown's ability to bite a nail into two parts, should offer no inducement to you to try and do likewise. Place no metal near the teeth. If the teeth must be cleaned use a tooth brush or a wooden tooth pick. Sugars and starches are transformed into alcohols and eventually into acids by the action of the saliva, hence after eating clean the teeth with tooth powder or paste. About once each week use soap. Never use any gritty substance, such as charcoal powder or salt. It is better to take this care, than to permit your lax actions to be an asset to the work of the destructive teeth bacteria called Spirillum, which act vigorously in an acid medium. Once the hard outer coating of the enamel is broken, the life of the tooth involved, as a perfect part of the body, is gone.

Should be Appetizing. Food should be appetizing; of course a real hungry man will eat whether the food is pleasing or not; but to people of ordinary occupations, who are used to fare thrice daily it is better for the stomach to have what is called a palatable dish. The saliva is caused to flow when the first odors of a savory preparation reaches the nostrils with the salivary flow there is a sympathetic flow of the gastric juice of the stomach, and so on to the intestines and pancreas. This is known as psychic stimulation.

Use discrimination in the selection of foods. Remember that all appetizing foods are not easily digested, and to sit down to a table laden with various dishes of food, and to eat any and everything, not only shows your utter carelessness of your stomach, but establishes your propensities as a glutton. If you wish to know yourself well, get acquainted with your stomach, and in later years, you will not be bothered with one of the worst of human ills—dyspepsia.

Eating between meals is a habit, and the plainer our food is the less the desire, since we eat more to the taste and smell develop a desire.

tion, because then the heat is drawn to the surface of the body and the internal secretions are lessened. For the same reason do not eat abundantly in hot weather, nor of foods which are hard to digest. Do not drink and eat at the same time. The saliva should be of sufficient quality to moisten your food. Drinking with each mouthful becomes a habit. The food is washed into the stomach without being properly chewed. Drink before the meal and after the meal.

## Eating Between Meals.

Children may be privileged to eat between meals, since they rarely eat sufficient food at the usual times, besides their lives are normally so active and their growth is so continuous, but a child should not be given the variety of foods daily taken by an adult. To give a child indigestible and highly acid foods is taking advantage of the child's innocence. Parents are as responsible for the child's physical well being as school teachers are for their mental training. Teach the child to like simple foods. Teach it to know that we eat because of necessity, that we are intelligent beings, seeking to live long and to live truthfully. Collations between meals, often desired by adult people, is a willful waste of food, and a means of keeping the stomach continuously at work. People suffer more frequently from eating too much than from eating too little. A person may drink water with impunity, providing the water is not ice water, nor water containing too much mineral substances. As for drinks such as "pop" the least that is drunk the better.

Persons of sedentary occupations, who are blessed with a good appetite, live under the sword of Damocles. Their capacity for storing food is secondary only to their kinship the hog, and their existence is just as precarious.

## Should Have Good Appetite.

A person should not have a poor appetite. He should take enough physical exercise to warrant at least two substantial meals each day, and if his occupation does not permit him to feel the brightness of every day life he should change his work. It is far better to be a healthful hard handed farm laborer than a sickly clerk.

People desire greasy foods. They do not call them by that name. Nevertheless food fried in lard, butter or a similar substance is greasy, and such foods are the worst kinds to digest. They are objectionable because the gastric juice of the stomach does not act upon fats nor oils. And if food which we eat is coated with a layer of grease, it must needs pass undigested into the intestine before the greasy coating is removed, and the food particles attacked. Thus an extra amount of work is thrown upon the solvent glands of the pancreas and intestine. Boiled or baked or roasted foods are best; preferably boiled. Remember that diseases of the stomach may come from insufficient exercise of that organ as well as from too much exercise, and also that acute indigestion may be caused by swallowing food not properly masticated. Chew food as completely as possible. If you cannot chew it be polite enough to your stomach as not to swallow it. Do not sacrifice your health to social forms.

Don't Eat When Sweaty. It is not advisable to go to your meals when in a profuse perspiration, because then the heat is drawn

to another elongated portion called the thoracic duct. This duct empties into a blood vessel close to the heart, and in this way our food gets into the circulation. Now the blood on its journey through the body passes, in places, through very thin walled vessels, millions in number, called capillaries. The walls of these vessels permit the food substance of the blood to exude and bathe the tissues. In this way the elemental food substance gets to the cells of the tissue. Hence you may readily see that it is quite necessary that good nourishing food be supplied, and that the circulation of the blood be kept as perfect as possible.

Inorganic salts and water are called force regulators, more so than force generators, a name applicable to the fats, oils, carbohydrates and proteins. They aid undoubtedly in the building of tissue, besides keeping the proper amount of water in the body, but as energy producers their power is negligible. Condiments or accessory food substances such as pepper, mustard, catsup, in many cases make the food more palatable, but their use is not to be encouraged, since they unduly stimulate the nerves of the sense of taste and are a hindrance rather than a help to the processes of digestion.

## Body Requires Salt.

The body requires salt but the amount is very small in proportion to the general usage of that commodity. Tea, coffee and cocoa contain principles which place them in the category of drugs. These substances contain virtues besides containing poisonous alkaloids which are nerve destroyers. Tea, coffee and cocoa act as stimulants to the nervous system, and in some cases after the effects of this stimulation causes dullness insomnia and muscular apathy. The best advice is either to let them alone or to drink them sparingly. Especially do not drink strong tea or coffee. The alkaloid Thein, extracted by boiling these substances causes a form of drunkenness both revolting and disgusting. All foods are poisons when either in themselves or their chemical transformation in the body, they do injury to the body. Drugs are used for temporary effects. A person addicted to their use, displays an evidence of weakness.

Stimulants and narcotics should not be used, unless under the advice of authority. Even the giving of pepsin to a disordered stomach is unwise since we are disguising an effect without attacking the cause. The promiscuous chewing of gum is not only vulgar but is injurious, since it unduly exercises the muscles of the face. It causes a superabundant flow of the saliva, and is, in many cases, the cause of headaches.

Do not substitute drugs or kindred substances for the hygienic conduct of life. When we know that a thing is harmful, we should cease its use. To have a hankering after a particular substance is an evidence that our wills have something to combat.

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THE PRIZE DRAFT TEAM OF SIX HORSES, belonging to Charles Griffen's Galveston stock farm walked away with the prizes at Kankakee this week. They will be taken to the state fair and come from the capital city to Springfield park. These beautiful matched animals have attracted much attention wherever shown and will be shown in front of the grandstand each day of the fair.

All departments are rounding up in good shape and everything will be in readiness when the park gates open, Tuesday morning, Sept. 2.

animal exposition, with new rides and thrills, furnishing varied entertainment for the day and night visitors. High school horse back riding, trained ponies, mules and goats and open air exhibitions will be furnished by this attraction.

More Race Horses Booked. The booking of race horses continues and the total number of fast trotters, pacers and runners has been increased to nearly 150. The secretary of the Inter-State fair, Walter Lindsey, has been visiting other fairs this week, including Kankakee and Danville, Ill., and Crawfordville, Ind. Next week he will spend several days at the State fair at Indianapolis and will complete the entries of livestock, poultry, swine and fine horses.

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Store Closed All Day Monday--Labor Day

# Boys' Week at Spiro's

THE clothes question is a big question right now in every home where there is a boy; it's the time to get him fixed for school. We have made this "Boys' Week" at our store with everything arranged to simplify the buying of your boy's school wear.



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Extra Wool Knickers All-Wool Serge Knickers  
\$1.50, \$2, \$2.50 to \$5 \$2.50, \$3, \$3.50 \$4

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School Caps in new fall novelties, including new and very rich patterns, \$1, \$1.50, \$1.75 to \$2.50.  
Boys' Shirts in light fancy percales and madras, in either neck band or collar attached, \$1, \$1.50, \$2 to \$4.  
New Fall Hats in tweeds and Scotch novelties, made in models patterned after men's styles, \$1, \$1.50 to \$5.

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To Furnish Music at Inter-State Fair



Ewing's Military Zouave band will furnish the music to grandstand patrons at the Inter-State fair, Sept. 9-13. This musical organization was secured from the same booking agency that furnishes the Riding Rooneys and other free acts. They have appeared at many of the most important out-door expositions and have with them, besides a number of solo musicians, Miss Alma Huntley, "sings to beat the band." Day and evening concerts will be given in front of the grand stand. On the midway will be seen Campbell's united shows and trained