

# The Philosophy of Right Living Foods

By JOHN LORIMER WORDEN  
Professor of Hygiene and Sanitation at Notre Dame University

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 boughs 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 is intelligent being evidently improved upon these mewer conditions, for at the present day we find him employed 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 many men to live in great communities called cities, these men must of course depend for their food supply upon the farmer and the herder.

## Demand Variety of Food.

The people demand not only plenty of food and a large variety, but the food must be good. Food to be good and serviceable to the human body must be free from disease or contamination; it must be nourishing. Sometimes food is protected from contamination by preservatives; some of these preservatives are decidedly harmful. Most modern processes of food preparation for the market eliminate this objection. Their continued use by some firms is certainly not an arrest of quality. To cook food properly is an art. To cook 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 subjugation to pleasant flavors is conniving for the stomach's destruction. The person who desires flavors instead of foods, usually gorges 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 measly uncooked meat. Pork well cooked is difficult to digest, but raw pork is extremely so, and then we may have the difficulty of digestion supplemented by a sickening parasite.

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 fat 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 incidently 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 measly 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 affected 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-

ently 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 biting 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 Pyrrhe. It is advisable to chew each day a piece of resistant wood 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 cleansed 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 lazy 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 is 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.

## 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.

## Persons of sedentary occupations.

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

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