

# The Principle and Practice of Health

By EDWARD B. WARMAN

Eating for Health—How You Eat, More Important Than What You Eat—Insufficient Mastication Brings Dyspepsia—Sour Countenances Make Sour Stomachs—Dyspepsia Should Eat Without Fear—Appetite and Hunger Not the Same—Two Meals a Day—Never Eat When Tired.

I am more and more convinced as the days go by that it is not so much a question of what you eat as how you eat. The matter of diet consists largely in not eating too much. We should eat to live; not live to eat. The average, or I may say, the great majority, of the human family eat too much, too often and too ignorantly. One-fourth of what we eat keeps us, the remainder three-fourths we keep—at the risk of our lives. Man is the only animal that will eat when ill. Do not give yourself unnecessary pain for an hour just for the sake of tickling your palate for a minute.

Some persons are satisfied if only they can get full, no matter of what. The feeling of fullness seems to be their guide as to when they have had enough. A few days ago I heard of a man of very large abdominal dimensions (and extension) who was asked if he paid any attention to the subject of eating; if he had any rule as to the amount he ate at each meal. He said he had a very definite rule. It is this, "I always eat six inches from the table, and when my body touches the table I know I have had enough."

How to Eat. Proper mastication; that is, thorough mastication, is the secret of the whole matter. However, I do not advocate the method of counting the number of times that each mouthful of food should be masticated, as one should not study mental arithmetic when eating. Get into the habit of masticating every particle of food so thoroughly that it is liquidized ere swallowing. Do not let it go until you have extracted from it every particle of taste. Bear in mind that the longer you keep food in the mouth the less time you will have to keep it in the stomach. Not only this, but we should recognize the fact that the stomach cannot do. Digestion begins in the mouth. Here the food should mix thoroughly with the saliva, which is slightly alkaline. This acts directly upon the starchy foods (white bread, rice, potatoes, etc.), converting them into sugar. The foods are next returned into the stomach, there to meet with the gastric juice. This medium is of acid reaction. Then, by what is known as the churning process of the stomach, the contents are reduced to a viscid fluid mass known as chyme.

The proteolytic parts of the food (lean beef, mutton, smoked ham, codfish, beefsteak, lentils, eggs, cheese, grains, dried fruits, nuts, etc.) are converted into an absorbable substance called peptones. When digestion is completed, the pyloric valve opens, and the chyme passes into the duodenum, or second stomach. This substance is now composed of digested, undigested and partially digested foods. You will observe that the entire process of digestion is not really completed in the stomach. That is the reason that I am trying to impress upon you the desirability of thoroughly masticating the food with the saliva (the medium), because the starchy foods and fats are not digested in the stomach (acid medium), but must await their arrival in the duodenum (alkaline medium). Take, for instance, mashed potatoes. The majority of persons think they need no mastication (that depends) that they are quite ready for the stomach. Not so, no matter how fine they may be. They should mix thoroughly with the saliva in order to convert the starch into dextrine; for their digestion cannot be completed until they reach the duodenum. This applies with equal force to all foods that contain starch (as found in no longer wonder that Americans, as a rule, are a race of dyspeptics. How to eat, compared with what to eat. The result is we have a national diet for which there is no better name than Americanitis. Truly, many a man digs his grave with his teeth; not only in over-eating, but by insufficient mastication.

We followed the process of the food. It went to the duodenum. Here, then, we have a substance composed of the starch which was changed into dextrine, also starch which has undergone little or no change, fats wholely unchanged, and the proteids which were not acted upon by the bile and pancreatic juice which, in turn, converts the starch into dextrine, the proteids into peptones and emulsifies the fats. Next comes absorption through the minute blood vessels of the villi and then that all-important process of assimilation. There are thousands of persons whose digestion seems to be perfect, but they remain thin and weak (in spite of all they eat), because of mal-assimilation. In such cases I would recommend abundant and proper exercise, special attention given to deep breathing, and drinking freely and frequently of water.

Remember that we eat and drink to make blood, we exercise to circulate it, and we breathe deeply to purify it. How to eat is not wholly confined to the physical act of mastication, etc., as many would suppose. Above all, be mental. A sour countenance may mar your stomach. "A merry countenance is good like a medicine; but a sour countenance is like a stone in the stomach." "Don't be afraid. Instead

of everlastingly giving yourself the suggestion that you can't eat this and can't eat that just turn around, or, as we soldiers would say, "about face," and then resolutely say: "Just show me anything which I'm fond of, anything wholesome that I can't eat."

Fear is negative, and always invites. If you fear dyspepsia, you'll get it. If you have it, do continue to fear it, you'll keep it. Remember the fate of poor Job. "Till which most did fear hath come upon me." This is the common experience of the great human family. Therefore, I say to you, fear no ill results of anything you eat. If you fear it, do not eat it; if you eat it, do not fear it. Say good-by to ever more of food that passes your lip. Say it as if you meant it; not as if you were saying it with a confidence that you will never hear from it again. But beware, do not let your stomach get it until it has passed the censorship of the first miller, the mouth.

When to Eat. Eat when hungry, providing the body is in a normal condition, and the hunger is a natural hunger. Hunger that follows closely upon the eating of a hearty meal (as often the case) is a sure indication that the system did not receive the benefit of the previous meal. In the case, the stomach needs rest, not more food.

Don't confound appetite with hunger. They are by no means the same. Because you have an appetite does not signify that you are hungry, but if you are truly hungry you will have an appetite. Appetite (of the stomach); hunger, of the mouth. The former is only a habit, the latter, a true need. Indulge in the table three times a day. A mere appetite (craving) for food is an unnatural, as an appetite (craving) for intoxicants. Both indicate an abnormal condition.

Hunger is present when the mouth fairly waters at the thought, mention, sight or odor of food. When one is truly hungry, he finds quite easy to comply with the Scriptural injunction: "Eat whatsoever is set before you, asking no question for conscience sake." A hungry man is never kicked—if he does not have to wait too long. He makes glad the heart of his wife or the boarding house mistress or the restaurateur.

Two, or three, meals a day? It depends. A day laborer, or anyone engaged in vigorous, out-door work, can, possibly, take care of three meals a day, but he could get along with two when once the habit is formed.

Which of the three meals should be omitted? The late Dr. Dewey advised the no-breakfast plan. As for myself, I prefer the omission of the noon meal. This decision has been reached by wife and self after having tested both plans for a number of years. During the summer I eat but one meal a day (4:30 p. m.). I arise at five a. m., take my three-part exercise (and a few others), a cold-water bath, a 20-mile run on my legs (in 80 minutes), clean my wheel, read and write until five p. m., and then—well, from then until 5:30 I am not out of reach of my wife's voice. Set.

The omission of the noon meal (when taking two meals a day), is, to my mind, a better division of time than crowding the two meals nearer together. Besides, it is a great advantage in the heat of summer, thus avoiding the adding of internal to external heat, to say nothing of the heavy, sluggish feeling that is sure to follow the noon indulgence.

Don't, under any consideration, eat a hearty breakfast, if you have either mental or physical work soon to follow. There is a physiological reason. Before the food can be utilized it must undergo the process of digestion (an average time of three hours), then that of absorption and assimilation (many more hours); therefore, either mental or physical work immediately following a hearty meal must necessarily retard digestion by drawing the blood from the stomach.

The heartiest meal of the day should follow the work and worries of the day. Digestion will take place ere you retire, and the assimilation is now undergoing repairs; the tissues that have been torn down during the day are now being replaced with new material; the energy derived from the nourishing food will flow to muscle and nerve, and thus recreate you. You should arise in the morning with enough stored-up energy to run you to the next stopping station—about 5:30 or six p. m. There is no harm, however, in eating a light, easily digested breakfast; for it saves any food. Remember, that, as a rule, the energizing force of a day is not derived from the foods of a day.

Just a word of caution: Never eat when tired. Rest a few moments to relax either mind or body, as the case may be.

Their Singing a Comfort to Him. "A little girl I knew," said Susan B. Anthony, "went with her teacher one afternoon to visit the county prison. She became interested in a convict who was knitting stockings, and stopped to talk to him. "Do you find it dull here, sir?" she said. "Indeed, I do miss," the convict answered. "Silly," said he, "the singing of the birds helps to relieve the monotony, doesn't it?" "Singing of the birds?" said the convict in a puzzled voice. "Yes," said the little girl. "What birds?" asked the man. "The well-meaning but ignorant child, with a helpful smile, replied: "The little jail birds. They must be a great comfort to you."—Philadelphia Record.

Kings and Emperors. King Edward placed the letters "R. I." after his signature to the congratulatory telegram sent President Roosevelt, and Emperor William reversed the order, signing "I. R." This is the usual style of each, and the difference indicates that in England Rex is esteemed something greater than Imperator comes first. The emperor of Germany is something greater than the king of Prussia, but the title of the king of Great Britain, Ireland and the only possessions is to be preferred to the emperor's title devised by Diarail to Kaiser Victoria.

## VEST'S PRAISE OF THE DOG

An Impromptu Address by the Senator That Once Swayed a Missouri Jury.

In a suit for damages claimed for the killing of a dog the late Senator Vest many years ago delivered a striking address on behalf of the plaintiff before a Missouri jury. The effect of the speech was a verdict of \$500 in favor of the plaintiff. The speech ran as follows:

"Gentlemen of the Jury: The best friend a man has may turn against him and become his enemy. His son or daughter that he has reared with loving care may prove ungrateful. Those who are nearest and dearest to us, those whose trust we repose upon most, and with our happiness may be made traitors to their faith. The memory of a man has he may lose; it flies away from him, perhaps, when he needs it most. A man's reputation may be sacrificed in a moment of ill-considered action. The people who are prone to fall on their knees to do us honor when success is with us may be the first to throw the stone of malice when failure settles its cloud upon our heads.

"The one absolutely unselfish friend that man has in this selfish world, the one that never deserts him, the one that never proves ungrateful or treacherous is his dog. A man's dog stands by him in prosperity, in health and in sickness. He will sleep on the cold ground where wintry winds blow and the snow drives fiercely, if only he may be near his master's side. He will kiss the hand that has no food to offer; he will lick the wounds and sores that time in encounter with the roughness of the world. He guards the sleep of his pauper master as if he were a prince. When all other friends depart he remains. When riches take wings and reputation falls to pieces he is as constant as the love of the sun in its journey through the heavens.

"If fortune drives the master forth an outcast in the world, friendless and homeless, the faithful dog asks no bigger privilege than that of accompanying him to guard against danger, to fight against his enemies. And when the last scene of all comes and death takes the master in his embrace and his body is laid away in the cold ground, no matter if all other friends pursue their way, there by the grave-side will the noble dog be found, his head between his paws, his eyes sad but open in alert watchfulness, faithful and true even in death."

## BIG GAME IN ARIZONA.

Mountain Lions and Bears Are Still to Be Found in Parts of the State.

Despite the destructive activity of panicking, large game appears to be about as plentiful as ever in Arizona. The bear and antelope alone have decreased and it is hoped, under protection of late laws, says a Phoenix correspondent of the Los Angeles Times, that they will henceforth be found in gradually increasing number. A decade ago deer were plentiful in the mountains around Phoenix and antelope ran in great bands in the Grand canyon region.

Though \$20 a scalp is paid for their slaughter, mountain lions and bears are numerous in the Mazatzal, Mogollon and Sierra Ancha mountains, as well as in the mountains of southeastern Arizona. The lions can be hunted only with the aid of well-trained dogs, for they are frum man and hide themselves readily in deep holes. They have been killed as near Phoenix as McDowell, showing themselves, as a rule, in their quest for cold meat, for which they have an especial fondness. A nine-foot lion was killed recently north of Phoenix by James Liville.

Bear of great size are common all along the rim of the Mogollons, from the upper Verde southeast to the New Mexican life. An 800-pound black bear, the largest of the species ever locally known, was killed a few days ago in the Rincon mountains, near Tucson, by Under Sheriff Henry Myers. The bear had been wounded and was charging Myers when struck by the fatal bullet. Black bears are common near Payson, along the rim. They are mainly of the small variety, harmless to man and best hunted with dogs and horses, for they run at surprising speed through the pine woods of the locality. The brown and cinnamon bear are little different from the true grizzly and are ferocious. Most sportsmen pass them by if the weapon it had been hit with a .303 rifle, preferably carrying an expanding bullet. A few years ago a cinnamon weighing nearly a ton was killed in the Sierra Ancha by Phil Askins, a local Arizona hunter. Askins admitted that the hunter would have been back for him had it not been for the pack of dogs. Askins usually makes about \$2,000 a year on lion and bear skins.

He Had Already Won. A big man who had been attending to the other man's daughter asked him if he had a wife. "No," said the other man. "I don't believe you're a man or a boy." "I have her anyway," said the young man. "You won't," said the father, emphatically. "We'll see who wins our little girl's matter." "All right, I accept the challenge," said the father. "Is he tight on now?" "Oh, yes, well," said the youth, "I have won. I married your daughter two weeks ago Thursday."—Kansas City Times.

W. of Cloudburst. Guanajuato, the ruined city of Mexico which was destroyed by a cloud-burst, furnishes one of the ghastliest curiosities of the world. In one of the vaults of the Parthenon are preserved many mummies which were dug from the soil. They show a curious evidence of the nature embalming properties of the earth.

Plenty of Chances. "I know a man that has never been killed in his life," said he. "Well," said she, "unethetically, 'tis his own fault!"—Detroit Free Press.

## SCRAPS OF SCIENCE.

An interesting hygrometer is made by dipping a strip of calico in a solution of one part of cobalt chloride, 75 of nickel oxide and 20 of gelatine in 200 of water. The strip is green in fine weather, fading as moisture appears.

Novel use of Roentgen rays is made by a Berlin company manufacturing submarine cables. The cables are tested by being passed over two eye-pulleys over an X-ray tube, the screen above showing any defect correctly and with greater certainty than the resistance tests usually employed.

Small protuberances, like drops of molten metal, have been noticed by N. Orloff on the surface of an aluminum plate that has been used to cover a dish containing radium bromide. Radioations from these protuberances showed as that caused by six months, and it is inferred that particles of radium accumulated around slight nuclei of aluminum to form a stable alloy.

Electricity is fatal to the discernment of certain colors. Yellow and pink, two totally different colors, look strangely alike by electric light. Heliotrope is also quite pink, and subtleties of shade are quite lost in it. No light shows up shades and colors as wax candles did. It is certain that all the modern artificial illuminants mix up colors and shades inextricably, and electric light is worst of all.

Glass containing manganese is slowly turned violet by sunlight, and Sir William Crookes has found that radium produces in a few days a coloration as intense as that caused by the sun in years. F. Fischer has now been studying the effects of ultra-violet rays, and reports that the light of a mercury arc lamp in a quartz tube gave a slight color in 15 minutes to four out of eight glasses, and an intense violet hue in 12 hours. The color proved to be due to manganese silicate.

## CONCERNING CHURCHES.

Women without hats are not to be admitted hereafter to Canterbury cathedral in England.

Fope Plus X has sent the papal benediction to the members of St. Liborius church choir, St. Louis, in recognition of their consistent and sustained observance of the regulations regarding church music.

As a memorial to the late Jay Cooke, one of the founders and rector's warden of St. Paul's Protestant Episcopal church of Ashburn, Pa., a memorial hall will be built there. The plans for the building, which will cost \$15,000, have been accepted. The funds will be provided by Mr. Cooke's children.

Twenty-five years ago, says a religious worker, the ruling idea of the church was that children should be seen and not heard. The result was that few were seen and none heard. The growth of young people's societies in the churches in the last quarter-century means that the truth is realized that the young are the most efficient builders of the Kingdom of Heaven on earth.

Dr. Adolf Fritzen, bishop of Strasbourg, has again issued an edict forbidding priests within his diocese to use bicycles. He is sharply criticized therefore by the newspapers, which call attention to the fact that bicycling ceased long ago to be a mere secular sport, and that priests often find the wheel most useful, especially those who have to visit members of their congregation in remote country places.

Notwithstanding the French people are demanding the separation of church and state, the Roman Catholics of France have given more to the world-wide propagation of their faith than all other countries combined. Out of a total of \$1,352,017 given for that cause last year, France contributed \$700,000, while American Roman Catholics gave only \$156,942.92, about one-eighth as much as was given to missions by the Methodist Episcopal church alone.

## SHORT AND SHARP.

The honesty of lots of men has never been tested. It's a wise man who says nothing at the right time. A great deal of silvery laughter is dithered through a mouthful of gold teeth. The young man who thinks he knows it all is just on the brink of acquiring some knowledge. The genuine kind of charity is that which opens the purse and keeps the mouth shut about it. This would be a pleasant old world to get along in if men would pay their debts as cheerfully as they pay their grudges.

True, Too True. She—Girls will be girls, you know. He—Yes; and if they live long enough some of 'em will be old maids, too.—Yonkers Statesman.

## BOUNDING THE COUNTRY.

Habit Which Seems to Lay Hold Upon Political Orators and Spellbinders.

"Have you ever noticed how often our public speakers bound this country?" asked an observer of things in general, in the New Orleans Times-Democrat. "Two years ago I went to a large mass meeting, at which there were several statesmen arranged so that the orators, so-called, could address the assembled crowd. I took a place before one of the platforms, and after awhile a well known politician, heavy in avoirdupois and dignity, was introduced and launched into his speech, which began along the old line: "As I look out upon this multitude of the good citizens of this city, I feel sure that on the second Tuesday in November they will declare in no uncertain manner, etc. You know how the rest goes. "He had not been speaking long before I heard the words fall: 'From the stormy shores of the Atlantic to the calm slopes of the Pacific, from the gulf on the south, the great movement was telling the same story. I did not wait to hear any more of his platitudes, but made my way over to the second stand, and here another modern Cicero was telling the same story fathers how to vote, how to save the city, how to keep the patriots in office. "The ball is going forth," said he, "from the dome of Lake Superior down to where the rippling waves of the gulf wash the fair shores of Louisiana. From the strands of the Carolinas to the sunlit fields of California, the people are resolved, etc."

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