

Magazine Feature Section

How Science Has Found that Chewing Gum Is Worry's Greatest Foe

Are you worried? Chew gum. Do you lie awake at night? Chew gum. Are you depressed? Is the world against you? Chew gum.

In a remarkable analysis of the benefit and the harm of gum chewing Dr. Anna Dwyer, chief physician of the Morals Court of Chicago and member of the state charities commission, states that it is an invariable physical impossibility for worry and depression to come upon an individual who is chewing gum.

"The brain centers," says Dr. Dwyer, "are so situated that when the act of mastication is begun all sense of depression and melancholia leaves the mind. From a purely mechanical standpoint worry is impossible while the jaws are moving rapidly. When an individual chews gum he, or more frequently she, has no concern or worry for the world.

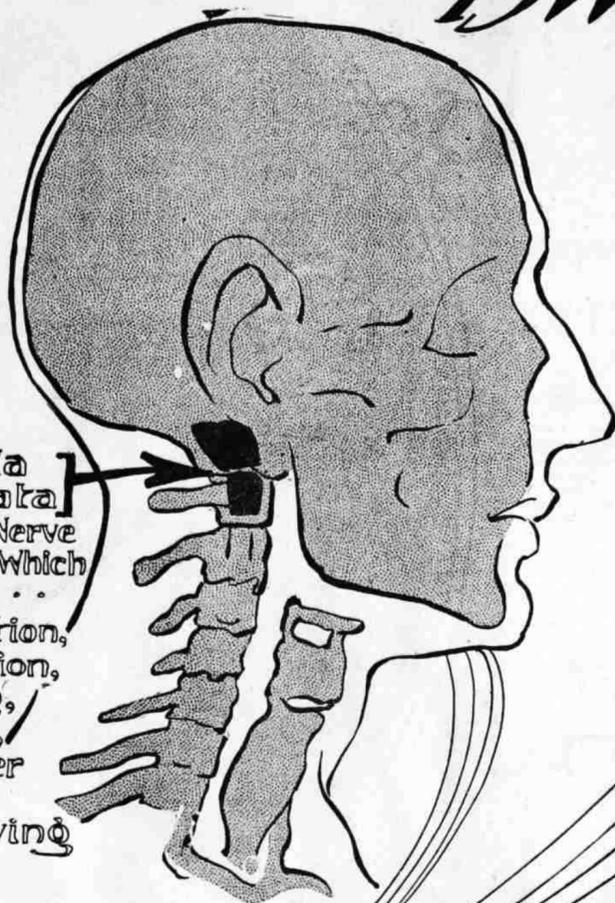
"I prescribe chewing gum to those of my patients who are habitually depressed. In doing so I have no illusions about the delicacy or good taste of the practice, but I advocate it on account of the undoubted benefits it brings to those who are threatened with nervous troubles.

"Did you ever see a person who in the act of chewing gum was anything but cheerful and happy? The stenographer who works her jaws all day long is a standard joke. Professional humorists find in her a perpetual source of merriment.

"But on the other hand she will never break down from nervous prostration.

WHERE JOY AND SORROW LIVE.

"The reason for this is very obvi-



success. He breaks off chewing violently to speak and falls short. It is because his nerve center of concentration is not working so rapidly as his neighbor's.

"Gum chewing has become a great American fad. There are arguments for and against it. As I said before, I never advise its use from anything but a purely medical standpoint. There is no doubt that its widespread use will make a better natured race of people, but it may

later. The same men were sent over the same course, but this time the medical man's contestant was given food and drink and the athletic director's candidate was supplied with chewing gum. The latter won.

"The explanation given is that by stimulating the flow of saliva the chewing gum kept the mouth and throat moist and refreshed, preventing thirst. The man who had the chewing gum took very little liquid during the day, while his rival drank

tion brought into the world by the indestructible edible gum. What employer is there whose heart has not been melted by the sight of his stenographer "letting her fingers stray blissfully across the keys" in close harmony with her masticating duties? He may rave and storm when he sees her empty eye and vacant smile, but he hasn't yet appreciated that the fault is not hers but the gum's.

Friends of the renowned baseball



The stenographer who works her jaws all day long is a standard joke. But, on the other hand, she never breaks down from nervous prostration.



Friends of Christy Mathewson assert that his uncanny imperturbability in the pitcher's box is due to his steady use of chewing gum.

ous when you analyze the brain and its contributing blood and nervous systems. At the base of the brain is the medulla oblongata, a short connecting link between the spinal cord and the brain. Within this very important section of the nervous system lie, closely adjacent, the centers of depression, joy, sorrow, weeping, vomiting, digesting, perspiring, masticating and swallowing. When any one of these centers receives a stimulus from the upper brain it becomes excited and sends out a message to the blood supply. There is immediate response and

blood rushes to the excited center, leaving the surrounding centers slothful and inactive. The stimulus of one center temporarily strands the others.

"This is the situation when chewing prevents worry. A suggestion comes to the center of mastication and it relays the message. The blood floods to meet the demand of the rapidly moving jaws and the nearby center of depression becomes inactive. As soon as the act of chewing is well under way the feeling of sadness leaves. The downcast countenance clears and content comes

upon the individual. He is said to get 'his mind off his troubles.'

"Likewise the center which governs concentration is quieted and intensity of thought departs. The edge is taken off of the feelings. The human being becomes more reposeful.

"It relieves the situation automatically and invariably. To those who cannot sleep at night from some worry I urge the chewing of gum. I have known it to stop insomnia if followed diligently.

"When women become hysterical it often helps them to chew gum. It produces a calm which robs them of much of their unreasonable fear.

"People who are extremely garrulous present an interesting study to the physician. Usually their incessant chatter is due to the promptings of their fidgety intellects. They are by nature flighty and estranged from deepest thought. However, part of the reputation for unimportant conversationalists which they achieve is due to the fact that in the full strength of their garrulity they lose the power of coherent thought. The working of their jaws to such extreme degree of rapidity produces something of the same effect achieved by gum chewing. Their spirits consequently are light and merry. They are comfortable and enjoying life.

"It is a fact that most persons at the dinner table are usually happy when they are eating, but rarely

brilliant. I have seen very intellectual people become uninteresting while eating. Of course, 'after dinner' speaking is another matter. This is because the very movement of their jaws handicaps their brilliance of thought. The center which prompts witticisms and smartness is handicapped by the overindustry of the mastication center and is stultified.

WHY DINERS ARE HAPPY.

"But it is equally true that laughter rings out more often at the dinner table than at any other one meeting place of people. This is because diners don't worry over anything in the wide world if they are eating heartily. They are as free from depression as the girl who makes her typewriter keys bang in rhythm with her gum chewing and free from the same reason that she is free. They have no coherence. How often have you seen diners try to remember things at the table, attempt to recall something witty. They are especially prone to attempt something clever and fail. The faux pas is common at the table, and common because of the overactivity of the jaws.

"Watch the witty person at the table. He is a light eater. He does not eat at all directly preceding some clever remark. The good story teller at the board eats sparingly. Watch a hearty and enthusiastic eater next him try to emulate his

also make a thoughtless, more or less inconsequential, race.

"Students should not pursue the practice while preparing their lessons. They cannot drill the facts into their minds. They will forget. They are not keen and vivid enough of temperament at the time to master anything that necessitates concentration."

"Not long ago a wager was made between a physician and an athletic director as to the relative endurance of two athletes who were training for an event requiring great stamina," says Dr. Walter Peet. "Evenly matched physically, a road walk from sunrise to sunset was decided upon as the form of contest. It was stipulated that no stops should be made for nourishment, but that the men could eat while walking.

"During the progress of the race the medical man frequently gave his contestant a fresh piece of chewing gum. On the other hand, the athletic trainer gave his man food and copious drink. The rivals were 'neck and neck' until noon, when the doctor's man began to slowly but surely forge ahead. At sunset he had won by a wide margin, and he was in better physical condition and less tired than his opponent.

MAKES STRONG TEETH.

"The physician believed this experiment to be a success, but to prove his theory the same kind of race was arranged for a fortnight

freely. Now it is a well-known fact that liquid taken before or during any contest or hard work is detrimental in several ways. The gum chewer in the walking contest was free from this handicap.

"Dental experts have recently been dwelling on the importance of developing the jaw bones and muscles, thus giving the teeth ample opportunity for development. An alarming percentage of school children were discovered to possess teeth of inferior quality and malformation. Chewing gum serves to strengthen the face and jaw muscles, exercising the teeth, massaging the gums and removing particles of food that lodge in or between the teeth, causing decay by fermentation.

"In some of the large hospitals in this country physicians are now prescribing chewing gum for fever convalescents. It has been discovered that the gum is relished for its cooling and soothing properties, for its good influence in destroying bad taste and in giving the patient something to look forward to that is toothsome, agreeable and sedative in its action upon the nerves."

So much for the expert opinion of science. From the layman's viewpoint there are few prettier sights in life than that of a lovely maiden at the typewriter chewing gum and grinning amiably. Two generations of Americans have raved about the beautiful rhythm and poetry of mo-

player, Christy Mathewson, assert that at least some measure of his uncanny imperturbability in the pitcher's box is due to his steady use of chewing gum while playing. His poise and calmness under all conditions has attracted the attention of all observers who have beheld him at work. Throughout his fifteen years of service he has been hailed times without number as the greatest of pitchers and as the man who had more control of the ball than any other hurler before him or during his reign.

Those who know him best believe that he relies a great deal for his self-command when the pinch comes upon chewing gum. Certain it is that when the exciting moments come and the fate of one thrown ball may decide the whole issue his jaws can be seen to crush the chewing gum sternly and resolutely. And a glance at the records of the "old master" for the long stretch of his service will show that he has not usually chewed in vain.

Ed. Walsh, who at one time rose to dispute Mathewson's claim to supremacy in the pitchers' ranks, invariably chews upon slippery elm bark. Intimates of the "Iron Man"

after day... exhibition... under... related... by...