HEALTH COLUMN.

Edited by City Physician.

"SANITARY INSTRUCTION IS EVEN MORE IMPORTANT THAN SANITARY LEGISLATION."

FOOD.

The average person has little idea of the nutritive value of the things he eats. He does not know how his food should be combined in quantity or element or how it should be varied to give him the best return. He just stumbles along in the dark, eating and drinking according to the custom of his countrymen, blindly following his appetite, which is often an unsafe guide because improperly trained.

During the active growing period of a healthy childhood and young adult years, and in older people who follow an energetic physical and mental life of work and play, a good constitution somehow survives the rough abuse to which the ordinary individual subjects it in feeding. Middle life is safely reached and passed. Old age comes shuffling on with more deliberate step and silvered crown. "And when those robbers, Time and Death, athwart the path, conspiring, stand," their prospective victim isa watch run down, a bullet spent a blossom born to bloom and drop its petals in decay. Men say, "He filled full his allotted time and died at a ripe old age." This is the result which the average man would like to have for himself.

But what of the people handicapped from birth by faulty digestive and eliminating organs? How about those who inherit fine appetites, but are cursed with occupations which steal their chances for normal exercise? How about a dozen other kinds of folks, who, to live out their three score and ten, must have a better system in dining?

What is a "balanced ration?" There are no hard and fast lines for dictating a uniform diet for all people. "What is one man's food is another man's poison" is true in fact as well as in epigram. As to how many heat units or "calories" there are in a piece of apple pie that is another story. Food is merely so much fuel to be burned by the body for heat and nutrition.

Protein, so called, is the essence of meats, fish, eggs and milk products. It is also found in vegetables. It is the characteristic solid stuff of mucles. It is, therefore, an essential element of food. In addition, fats, sugars, starches anr certain salts are needed in the building and repair of the body. Living tissue is constantly being broken down and replaced by food elements. Protein, for instance, during complete digestion is separated into seventeen different fragments of chemical combination. These are absorbed into the blood to form liver protein, muscle protein, brain protein and the like in all the hungrey tissues.

Some vegetables are peculiarly rich in protein. Upon this fact rests the saying that "the railroads of the country have been built upon beans." The danger in America is not from scanty eating of protein, but eating of meats is too often oveddone by those who habitually take too little exercise.

When we speak of sugars and starches together we learnedly say "carbohydrates." ane and grape sugar, and starches contained in such things as corn, pottoes, rice, macaroni and wheat products are all cheap forms of fuel. They contain some protein.

Sugars and starches are both converted into sugar used directly by the tissues or stored in the liver as glycogen. The liver is a great reserve storehouse for these valuable products, to be called upon as the body needs them. It is like the camel's hump, which supplies that animal with a reserve of fat for heat and energy. When not immediately used or stored in the liver, starches and sugars go to make fat tissue.

When carbohydrates are finally burned in the body, little waste or ashes is left. Protein, on the contrary, while rich in energy contains much waste which must be eliminated by the kidneys and other excretory organs. Therefore, an excessive diet of carbohydrates, if digested, will run to excessive fat about the heart, as well as elsewhere, and burden the heart in nourishing it. It is prone also to disturb digestion. It is bad for dyspeptics. Those with stomach trouble will often benefit by restorting to a judicious meat diet.

On the other hand, an excessive meat (protein) diet overworks the eliminating organs and brings on degeneration of the heart, blood vessels and kidney, with high blood pressure. This, in a broad way, means Bright's disease and premature old age.

Look at the many individuals in the class of "forty, stout." Their prominent abdomens are burdens of useless fat. Bulky, paunchy, flabby people, short of breath and long on appetite—they are overfed and underworked.

Forty inches about the waist in a man five feet eight inches tall, whether twenty years old or fifty, is a porcine proportion. If he is not lazy, his energy runs to pushing a pen, eating enough for two and "sitting tight." He rides to nd from his office, behind a chauffeur, if he has one.

Ten to one he has to consult a doctor suddenly, some day, for gall stones, kidney stones, Bright's disease or other serious trouble. He spends the last ten years of his life trying to escape premature decay.

Added to these pudgy people pampered on sweets, and the sedentary people who make their meals on meat, there is a third class. These habitually suffer from faulty elimination. They are constipated, bad-breathed and coated of tongue. The motions of their eliminating tracts are sluggish, and there is sand in the geaoring of their gray matter. Chronic absorption from their thirty feet of sewer poisons their brains and vital organs. Their scant exercise, careless habits and faulty quality of food cater to the undertaker. Man's muscles, mind and meals must be well balanced to insure comfort comeliness and long life.

Finally, food is a misfit when worry, fear, anger, hate or disappointment dominates. They check the flow of tomach juices as they interfere with appetite. Good appetite and good indigestion dine with good cheer.—Chicago Health Bulletin.

"LITTLE THINGS."

Little pools of water,
Filled with slime and filth,
Prove a deadly menace
To our lives and health.

Tiny little microbes
Floating in the air,
Ride upon the dust-motes,
Riding everywhere.

Thus our little errors—
Failing to keep clean—
Let our deadly foes in,
Lurking 'round unseen.

But a better knowledge
Of the laws of health
Gives us peace and comfort—
Better far than wealth!

—Meta Wellers in Chicago Health Bulletin.

WORTH WHILE.

In paddling your own canoe toward the Harbor of Health, rocks are not the only things to avoid. Do not run into the other fellow's boat.

* * *

A tooth brush at home, one at the office, and another in a neat case for your vest pocket are none too many.

* * *

It may take more than one swallow to make a summer, but only half a swallow of dirty milk can make a summer complaint.

* * *

When a man begins to get fat, it generally means too much income and not enough outgo; that is, too much eating and not enough exercise.

* * *

Clean, tidy surroundings count for health, comfort and happiness. Keep clean and be happy.

* * *

Printer's ink rightly used is a wonderful power for good.

* * *

Some men are old at 45, others are still young at 70. It is not so much a question of the calendar as it is a matter of right living.

* * *

Be temperate in all things to protect your health and enjoy long life.

* * *

Cleanliness is the best sort of protection against the germs of disease.

* * *

Dress warmly, don't coddle yourself, bid defiance to Jack Frost and the chances are you will get through the winter without having to require the services of either the doctor or the undertaker.

* * *

Bad air is a bully agent for promoting bad colds and other bad air diseases.

* * *

The best time for you to take care of your health is before you get sick.

* * *

When the windows go down the death rate from the bad air diseases goes up.

* * *

"Everyone must eat his peck of dirt" is an aphorism of a by-gone day. To act upon it may pile many bushels of dirt upon your untimely coffin.

* * *

The pneumonia season is at hand. To escape it, don't hibernate—ventilate. And don't dissipate.

* * *

Chew your food until you can taste it. Thorough mastication is both a pleasing and important part of right eating.

* * *

It should always be kept in mind that the homes of today exert an influence either for good or bad on the lives of the citizens of tomorrow.—Chicago Health Bulletin.

CANCER OF THROAT KAISER'S TROUBLE.

Paris, Jan. 5.—The Fatin affirms, notwithstanding denials, that the German Emperor is suffering from cancer of the throat and is no longer able to speak.

"In February, 1911," according to the Matinfi "the doctors were considering whether it was necessary to remove the entire larynx in order to stay the progress of the disease. They raised the question as to whether the Emperor would be able to speak if such an operation were performed. The leading specialists of every capital in Europe were consulted. It was learned that an eminent surgeon of Paris had, with an artificial larynx and a breathing tube opening into the traches, restored the power of speech to cancerous patients who had undergone total ablation of the affected organs."

This doctor, whose name the Matin withholds for reasons of professional etiquette, was asked to go to Berlin by the German ambassador. He was offered 100,000 francs and all his expenses and was requested to bring with him a patient who had been fitted with the apparatus, so that the Emperor himself might see if he was able to speak.

"Meanwhile, as a result of a minor operation with a bistoury and a fey weeks absolute rest, the Emperor's condition improved, as is often the case in this disease, the progress of which is implacable but slow. It is another operation of this kind which has just been performed. But it is only a paliative. The German Emperor must either make up his mind to complete removal of the larynx or be stifled by the growth.

"This explains why the Emperor went neither to Warsaw, Constantinople nor Brussels."

10 CENT "CASCARETS" IF BILIOUS OR COSTIVE

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—They work while you sleep.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret to-night will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.

STRONG PROTEST MADE ON ARREST OF CONSULS.

Berlin, Jan. 6.—By Wireless to Sayville.—"The Greek minister at Sofia has presented to Premier Radoslavoff the text of the Greek note protesting to the entente powers against the arrest of the German, Austrian, Bulgarian and Turkish consuls at Saloniki," says the Overseas News Agency. "The minister informed the premier that Greece will use all means at its disposal to support its claims, and desires to maintain good relations with the Central powers, avoiding any misunderstanding with them."

In every home, where ther are children there should be a bottle of WHITE'S CREAM VERMIFUGE. It destroys worms and acts as a tonic in the debilitated system. Price 25c per bo'tle. Sold by Estorge Drug Co.
(Advertisement.)

Lime Starvation Causes Tuberculosis

The Medical Record (New York) of December 18, 1909, contains an article on "The Treatment of Pulmonary Tuberculosis, Based on the Assumption That the Dietetic Cause of the Disease is Lime Starvation," by Dr. John F. Russell, who says: "The condition which is recognized as preceding the active development of tuberculosis in the adult may be considered as due to lime starvation. * * * Among inorganic substances lime salts appear to be of special physiological importance * * * but if the salts are not in organic combination it is difficult to suppose that the cells can appropriate them for food."

Years of widespread use confirm us in the belief that the success of Eckman's Alterative in cases of pulmonary tuberculosis (consumption) and chronic throat and bronchial troubles is due in large measure to its content of lime, so combined with other ingredients as to be easily appropriated by the cells.

Doubtless this has had much to do with the results obtained in many cases of these affections, which appear to have yielded to Eckman's Alterative.

As it contains no opiates, narcotics or habit-forming drugs, it is safe to try. Your druggist will order it for you or you can send direct.

Eckman Laboratory, Philadelphia.

John R. Taylor & Bro. Druggists.

MARRIED MAN CHARGED WITH VIOLATING MANN ACT AT LOREAUVILLE.

Special to Times-Picayune:

The eternal triangle, this time two women and a man, resulted in a disastrous ending last night when Eugene Judice, aged 23, with two self-inflicted wounds, and Leona Borel, aged 22, surrendered themselves to Sheriff Henderson, asking that they be locked up. To-day a charge of violation of the Mann act was lodged against Judice, and Miss Borel was held as a material witness.

Judice, who is a farmer residing in the Fourth Ward, this Parish, married, and fairly prosperous, is suffering from revolver wounds in his right side and right arm, self-inflicted, following a struggle with Miss Borel when she learned he intended committing suicide.

Judice, in jail today, told the whole miserable story. "How I married my wife, I don't know", he said. "I have loved Leona for years and she has loved me. There has been trouble often between my wife and me, sometimes about Leona, and on New Year's eve Leona and I decided to go off together.

"Friday night we drove to New Iberia, took a trolley ride to Jeanerette, and then a Southern Pacific train to Orange, Tex.

"Changing our minds, we returned the next day to New Iberia and drove to my home near Loreauville, which I expected to find vacant, my wife having told me she intended to quit me.

"I found my wife in the house, and Leona and I were compelled to spend the night in the corn crib.

"The next day we heard that Leona's relatives were going to kill me. I became desperate and, feeling that everything was against me, I told Leona that before I was killed I'd do it myself, which I would have done if she had not held me. I wish with all my heart I had succeeded. It looks like we cannot live together and we love each other so much we don't want to live apart."

Miss Borel, who was seated in the corridor as close as she could get to her lover, the bars of the cell only separating them, told with sobs how she had fought to prevent Judice from killing himself, pointing to her white linen blouse plentifully streaked with blood in testimony to the struggle.

Previous to the runaway, Judice and Miss Borel bore good reputations.

Judice, as manager of his mother's large farm, has been a successful rice farmer for several years, and his bank balance, which he withdrew last Thursday from the Bank of Loreauville, is said to have been large. Judice asserts that for years he has provided Miss Borel with every comfort. Whether further charges will be made against Judice in the district court is uncertain.

It is reported here that relatives of Miss Borel are in a belligerent mood and that Judice is much safer behind the bars of the parish jail.

A Chemist's Discovery.

B. A. Thomas, a retired chemist of Kentucky, like all Kentuckians, kept some fine horses. His neighbors noticed that his horses were slick and shining in the Spring before other horses began to shed. He told them of some powders that he fed his horses. He gave them som of it and now B. A. Thomas' Stock Remedy is known all over Kentucky by horsemen and farmers, who take pride in horses or cows or sheep. We sell it on the Money Back basis. O. Renoudet.
(Advertisement.)

MEASURE TO SUSPEND FREE SUGAR CLAUSE.

Washington, Jan. 5.—Senator Broussard today offered in the Senate a joint resolution, the passage of which would operate to suspend the free sugar clause of the Underwood Tariff Act. His action in introducing the measure was in disregard of a general feeling among friends of the domestic sugar industry that this move should have been proposed in the regular way and by disinterested parties. This latter action would have been by the ways and means committee of the house, which, as a rule, originates legislation that pertains to revenues.

Mr. Broussard offered another resolution to authorize Louisiana to institute suit in the United State Supreme Court to determine whether the Underwood law with respect to sugar is being properly construed by the treasury department.

How to Cure Colds.

Avoid exposure and drafts. Eat right. Take Dr. King's New Discovery. It is prepared from Pine Tar, healing balsams and mild laxatives. Dr. King's New Discovery kills and expels the cold germs, soothes the irritated throat and allaysy inflammation. It heals the mucous membrane. Search as you will, you cannot find a better cough and cold remedy. Its se over 45 years is a guarantee of satisfaction. 2
(Advertisement.)

A movement is on foot to secure legislation against the mail order houses and enforce a State levy against these concerns for doing business in the State. We are not opposing the proposition but we cannot too strongly urge the retailers that the most effective weapon they posses to fight the mail order house is the columns of a live, aggressive up-to-date newspaper.—Avoyelles Enterprise.

OUR POPULATION.

We have now a population of more than 100,000,000. The actuaries tell us that by the end of the century we may have quite as many inhabitants, if not more, than Europe has now. By that time much of the waste of food that is common to nearly every household will have largely disappeared, and the sentimental aversion to the slaughter of aged horses will have been forgotten. People who have reached the age of three score years and ten can recall many changes in our ideals and ways of living. They are undergoing changes constantly. We need not, therefore, be surprised at the action of the New York authorities in legalizing the slaughter of horses for food. No doubt many have been slaughtered in the past and sold for beef. The New York board of health will, however, take necessary precautions to prevent substitution, and to prevent the sale of the flesh of other than healthy animals.—Houston Post.

THE Texas Wonder cures kidney and bladder troubles, dissolves gravel, cures diabetes, weak and lame backs, rheumatism and all irregularities of the kidneys and bladder in both men and women. If not sold by your druggist, will be sent by mail on receipt of $1. One small bottle is two months' treatment and seldom fails to perfect a cure. Send for testimonials from this and other States. Dr. E. W. Hall, 2926 Olive Street, St. Louis, Mo. Sold by druggists.—Adv.

From reading a few of Herbert Quick's spasms on preparedness one gets the idea that Herbert proposes to establish a model army that will do away with the need of Sunday schools in the training of the young. In fact, Herbert seems to have convinced himself that an army modeled after his plans would be about the only place in which to raise a boy.—Beaumont Enterprise.

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DON'T DRINK ALONE

when you open a bottle of Budweiser beer. It's as good for the wife as it is for the husband. For Budweiser beer is as wholesome as it is palatable and refreshing. It puts flesh on the bones and rich red blood in the veins. It sustains the old and strengthens the young. Just one case will be enough to prove its merits. Shall we send it?

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