

# Bellefonte, Pa., Oct. 27, 1905.

### HUNTING TIME.

They're comin' from the city to the country russet brown, With their rifles and their shotguns to hunt the

farmer down. The law is off the squirrel, an' now I'm tellin

Them city hunters 'pear to think its off the farm-

Soon the landscape will be punctured with a lot

of bullet holes, An' everybody will be dodgin' to save their pre

For when them city fellers go cavortia' with a

gun. An' plug somebody full o' lead, they call it "hav-

in' fun." An' then somehow it seems to me they allers

'pear to fail To make a fair discrimination 'twixt a farmer

and a quail, For anythin' that rustles if it shows a tail of

head,

An' isn't plainly labelled, they'll pump it full of

An' when a charge o' double-B has taken off the erown

Of your old hat, they'll calmly swear they didn't know you're roun'.

An' sometimes when you are absorbed in the field a-pullin beans,

You'll be mightily surprised with a bullet in your jeans.

They'll come an' board with you, then som mornin' 'fore you're up, When they're out a-huntin' lions, they'll shoot

the brindle pup.

Oh, its strenuous times we're havin' in the coun try jes' 'bout now. An' if 'twan't for new inventions we'd be hidin

in the mow. But don't you for a minnit think the farmer

hain't progressed,

An' traveled 'long in the procession with the spirit of the rest.

A country store these later days is fairly out o date.

Unless it keeps upon its shelves suits lined with armor plate

An' now we're all a-watin', really want to get a chance.

To demonstrate the quality of our antibulle

pants, So you come along, you city dudes, with your goggles an' your gun.

We've got on our iron trousers, an' we're ready

for the fun, Don't hesitate a second, but come out an' help us

laugh, While you ponder on the difference 'twixt a farmer and a calf.

## ECONOMY IN FOOD.

Director of the Sheffield Scientific School of Yale University Author of "Physiological Economy in Nutrition

(Begun in Last Week's Issue.)

It is of course understood that there can be no absolutely fixed standard of diet suitbe no absolutely fixed standard of diet suit-able for all persons, even though there is a close degree of uniformity in habits of life, since differences in body-weight, as well as in the personality of the person, must of necessity introduce some degree of varia-tion in the real food requirements. There is undoubtedly what may be termed a per-sonal coefficient of nutrition, a personal idiosynorasy, characteristic of each person, which controls in some measure the extent of the nutritive process. While there is no evidence that this factor modifies in any general way the trend of our conclusions, it is probable that much physiological differences do exist which may manifest them-selves by slight variations in the actual

of food, especially non-nitrogenous food, owing to the need for greater fuel value; tato, six ounces; bread, three ounces; butter. two-thirds ounce: one cap coffe but the same great economy in the amount of proteid or albuminous food. Thus, an-Supper : Celery-lettuce-apple salad, five

ounces; crackers, one ounce; cheese, one ounce; Saratoga chips, three ounces; rice other university professor, of 160 pounds weight, leading a very active life, lived for weight, leading a very active life, lived for a period of six months on a daily diet of which the following is a fair sample: *Breakfast*: One banana, six ounces; one cup of coffee, with one ounce of oream and two thirds of an ounce of sugar. custard, four ounces; one cup tea. This day's diet contained 7.8 grams of nitrogen, or 48 8 grams of proteid, and had

a total fuel value of 2280 calories. Breakfast : Boiled hominy, seven ounces

Lunch: Bread, one onnce; potato oro-quettes, nine ounces; sliced tomato, five ounces; Indian meal, four ounces; syrup, one and one half ounces; one small cup of coffee, with three fourshs of an ounce of milk, five ounces; sugar, one ounce; baked potato, six ounces; butter, one-third ounce; one cup coffee.

Dinner : Hamburg steak, with much bread, fat, and onions, six ounces; boiled potato, ten ounces; bread, three ounces; butter, one-third ounce; one onp coffee.

Dinner: Bean soup, four ounces; bread, Supper: Bread, three ounces; butter, two-thirds onnce; jam, three ounces; tapioca-peach pudding, ten ounces; one cup me ounce; bacon, one fifth ounce; fried potato, eight ounces; lettuce-orange salad, one and one half ounces; prunes, five ounces one cup of coffee, with one onnce of cream and two thirds of an ounce of sugar; one

This day's diet contained 8.7 grams of nitrogen, or 54.5 grams of proteid, and had total fuel value of 2380 calories.

This ration, which, as can easily be seen, is more bulky than the diet of the preced-While this comparatively simple dietary, persisted in for five months, though natur-ally with daily variation in the character ing subject, contained 8.3 grams of nitro-gen, or 51.8 grams of proteid, and had a total fuel value of 3450 calories. On a diet of the food, was quite foreign to what the of this general obacacter, though naturally varying somewhat in its make-up from day to day, but with essentially the above commen had been accustomed to previously, they had at the end of this period become so habituated to the new order of things, position as to nitrogen and calorific value, this subject maintained weight, general health, strength, and vigor, together with nitrogen equilibrium, for a period of seven months. Further, after the experiment position as to nitrogen and calorific value, was closed, there was no disposition to alter materially the character of the daily food, period, three of the men weighed more than when they came to New Haven, while so beneficial to the system had become the five others were of essentially the same weight as when the experiment commenced.

diet of the preceding months. It may be said quite justly that diets The others, with one exception, lost only such as the above are exceedingly simple three or four pounds, which loss was or and do not afford sufficient variety to satisfy the whole more beneficial than otherwise, since they had some surplus fat. Further, the requirements of a cultivated taste. In reply it may be said that the above dieta-ries are simply samples, and that as great variety as is desired may be introduced, when there was a loss in body weight, this occurred at the outset of the experiment, when the change in diet was first made, after which the body weight remained without necessarily increasing the quantity of nutrients therein. Further, it is obvious virtually constant.

that where bulk is desired there must be Perhaps the most noticeable result of the an excess of vegetable food relatively poor experiment with this class of men was the fact that all the subjects, without a single drates. The experience of the subjects under investigation, however, indicates that exception, showed a most marked gain in bodily strength, as determined by appro-priate dynamometer tests, thus indicating that not only were they able to maintain unimpaired their health, strength, and where simplicity in diet is practised until it becomes a habit, with a reduction of the proteid food to a level somewhere near the actual needs of the body, there is gradually vigor with this great economy in diet, esacquired a strong liking for simple articles of food, together with a distaste for large quantities, thereby suggesting that the body finds it easy to adjust itself to the pecially in the use of proteid food, but that the simplicity and temperance in diet were so beneficial that the muscular machinery of their bodies was able to work new conditions, while the improved state of health and increased efficiency for work more advantageously. Indeed, the notice-able gain in physical strength, the greater suggest that these conditions are more in ease and skill in bodily movements, the accord with the natural habits of the body. general good health of the men, together However this may be, the chemical and physiological evidence from these experiwith the maintenance of equilibrium, all suggest the possible advantages of a daily dietary more closely in accord with the true ments is quite strong that the body of the mental worker can be successfully and satisfactorily maintained on these compara-tively small quantities of food, and with physiological requirements of the body than the habits of the majority of mankind prescribe.

#### THE ATHLETE.

physical and mental condition of the per-The athlete, or the man who makes extra demands upon his body for excessive muscular work, must obviously need in his daily diet a larger fuel value than is called In our study of the food requirements of the physical worker, a detail of soldiers from the Hospital Corps of the United States Army served as subjects. Through for by one whose habits of life do not lead to great muscular activity. While this must be grantel as a self evident truth, it by no means follows that there is any real the courtesy of the War Department, these occasion for the large amounts of proteid food usually consumed by the man in trainmen lived in New Haven for a period of six months under command of Dr. Wallace ing for athletic work, or for the large fuel DeWitt, first lieutenant and assistant survalue in his daily ration. In order to throw geon in the United States army, being under strict military discipline, performing the daily duties required of soldiers in light on this problem, a group of eight university students, college athletes, was ob-tained for an experimental study of the possibilities of physiological economy in connection with athletic work. The men their positions, and in addition taking a regular amount of systematic exercise each day at the university gymnasium, under the supervision of the gymnasium instrucselected represented different types of ath-letic activity, and they were all in the pink of condition physically when they entered tors. Of the twenty men detailed, thirteen

Lunch : Macaroni, six and one-half onnces; mashed potato, six onnces; fried rice, four and one-half onnces; syrup, two ounces; bread, two ounces; butter, one-half onnce; ice cream, six onnces; cake, one and one-half ounces.

Dinner : Cream of celery soup, six ounces; baked chicken, three and one-half ounces; fried sweet potato, two ounces; spinach, one and one-half ounces; hoiled potato, two ounces; strawberry short-cake, eight and one-balf ounces. This man took only water with his food.

This day's diet contained 10.7 grams of nitrogen, or 62.8 grams of proteid, and had a total fuel value of 2780 calories.

As with the preceding subjects, we see that the characteristic of the daily dietary is especially the low content of proteid; but since all the men under experiment were virtually able to maintain nitrogen equili-brium throughout the long period of ex-periment, it would seem obvious that the body had no need for any larger quantities of proteid food. How other interaction of proteid food. How, otherwise, can the tissues of the body maintain their weight, their equilibrium, and show the noticeable gain in strength with these smaller quantities of proteid food ?

JUDGMENT AND REASON IN MATTERS OF DIET.

The writer is not inclined to draw too weeping deductions from the results obtained, though they have been secured by most painstaking care and with all neces-sary precautions for the avoidance of error. The physiological evidence, however, is quite plain and decisive, to the mind of the writer, that all the needs of the body can be met by amounts of food, especially of proteid foods, far smaller than the daily habits and customs of mankind ordinarily prescribe, and far smaller than the so-called tandard dietaries call for. There is every reason for the belief that temperance in diet-i. e., the daily use of a regular and simple diet, "limited by every man's experience of his own easy digestion"-will result in benefit to the health, strength, and vigor of the user. It is clearly the part of wisdom for us to

have some definite knowledge of the real necessities of the bodily machinery in order to guard against undue consumption of food with its attendant dangers; for excess means not only waste, but, what is of far greater importance, it entails a useless ex-penditure of energy on the part of the vari-ous organs and tissues of the body in taking care of the excess, to say nothing of possible ill effects from the action of the numerous waste products which result from the combustion or oxidation of this uncalled-for surplus. In this day of enlightened knowledge

and scientific progress, mankind may rea-sonably expect benefit from the results of scientific study. Many of the causes of disease have been made clear to us. We have learned to identify pathogenic microorganisms and to avoid or successfully combat their incursions into our systems. The typhoid fever bacillus is no longer a myth, but a reality, and the intelligent people of a community take every care to avoid contamination by such a dread household visitant. We fully appreciate, ordinarily, the knowledge gained by modern methods of research, and are glad to take advantage of the remedies afforded, even though there is involved a sundering of our faith in old time traditions. Why should we not likewise apply the results of acquired knowledge in the physiology of nutrition to our every-day life?

Progress inevitably carries with it a shattering of old idols, and introduces new points of view that are not always easy of acceptance. In matters of diet we are apt ess strong convictions, and we have great faith in our knowledge of ourselves. Is it not possible, however, that we may profit by a fuller understanding of our real dietetic requirements, and that our in-

# THE MASK

(FOR THE WATCHMAN.) You speak of my life as all sunshine, My past as a beautiful dream. You think that, in acting life's drama,

We always are just what we seem Because you have known me for years, And I have not spoken of strife, You think I have "Lain in the lilies

And fed on the roses of life." Ah ! During our gay conversation,

Today, when I laughed at your joke You knew not I choked back the tears At the memories of old it awoke

Say I am a wilful deceiver, Accuse me of wearing a mask. If I wear the smiles for your pleasure, Then pray, for the tears, do not ask

Old Earth teaches us by example To hide deepest sorrow with wiles. On the graves of the dead in her bosom

She wears the bright flowers, her smiles. M V. THOMAS.

HER ANSWER.

There were women in pink that would have shamed a rose petal, women in green, like sea nimphs, women in gauzy clouds of blue, women in drifts of lavender and lace, women in black that served, as it was intended, to make more dazzling the sheen of diamonds and perfect necks. All the wo-men of social prominence in the city were to be seen that night in the splendid ball-room, their charms reflected in the mirrors, glimpsed elusively among the palms and orchids, displayed in the whirl beneath the central cauopy of lights to the music of the Venetian band—for Mrs. de Costro's ball was one of the events of the season from which no woman of social prominence should be missed. There were the belles of that season and the belles of seasons past, but the figure among them all that the eyes of the knots of onlookers followed ofenest was that of a tall woman in white who stood surrounded always by a throng of men or moved like a wraith among the lancers.

"There she is," was the whispered com-ment that could be heard to pass from lip to lip. "That's Celeste du Bois! Mrs. de Costro's heir!"

Everybody knew her history. It was the wonderful beauty of this girl alone that had made her Mrs. de Costro's protegee and had opened to her the door of the inner circle, for she had no other fortune and her family was obscure. She was said to have worked in a factory as a neglected little child. But she had knocked at the door of society when she came into the conquering glory of her womanhcod, and the inner circle had bowed down. Her lack of family and fortune was a favorite topic of discussion among many of the fair sex, although never in her presence nor in Mrs. de Costro's. The eyes of the men, however, had followed her ever since she came among them as they followed her that night -her head, whose gold no artifice could imitate, moving amid the galaxy like a star of great magnitude; her eyes, darkly blue and filled with the light that drew men to her, resting on them as she passed them with an indifference that drove them mad. The sons of magnates had courted her, but it was said that Celeste du Bois had never cared for any man. She was known as "la belle dame sans cæur." Among the throng of those who watched

her there was one man, however, who thought that she was not indifferent to him. This was the young and handsome Baron Mechlenberger, who was leaving against one of the pillars wreathed with smilax, twirling a rosebud in his hand. He had self, do you advise me to marry you?" The man looking back at her heard his spoken, on the evening before, as he bent over her, promenading in the foyer at the opera, and, although she had not said yea, neither had she said him nay. Rumor had it that Celeste du Bois had never before m no better," he said, "than the others." He drew his hands from her and put them been at a loss for a reply. And her man-ner, which invariably betokened an unbefore his face. On the other side of the little bower of moved composure, was perturbed. He made plants the music and the dancing still went his way, when the dance was over, to a lit-tle alcove into which he had seen that she on. More than one of those whose names were on the card that lay, forgotten, at her and her partner had withdrawn. Her partfeet had been looking vainly for Celeste du ner had left her for a moment to get her an He who sat beside her with bowed Bois. ice. He waited until the young man had head at last raised his face, and she could see disappeared and took his place beside her. that it had been wet with tears. He lifted "I am to have your answer tonight, a fold of her white scarf and touched it to Celeste?" he said. his lips.

fore I went into the factory I carried my father's pail, and the pails of the men who drank with him, to the saloon for beer. If I did not get it back in time to please them I was cursed and struck." She lifted a curl from her white forehead and left him see a scar. "That," she said, "is my father's mark. But that is not the deepest mark that was left upon me when I was a child. My heart was branded with hate and fear. I was afraid of the men who drank with my father and were always with him. I was afraid of the men in the saloon who laughed and jeered at me when I came in with my pail. I was afraid of the men in the street. It was the good blood in me that made me run away and hide. I was afraid of the men in the factory when I went to work there. I came to know well what men were in those days. They hunted me because of my eyes and hair and skin. They have been hunting me, and I have been hiding from them all my life." The dance was beginning, and the music came in to them through the leaves. Ce-leste du Bois pulled the petals from the

"After I came to know Mrs. de Costro," she continued, "after she had taught me and spent her money on me, that I might be made ready, I came to know what men were—here." were-here.

were—nere." She paused, and Baron Mechlenberg broke the stem of his rose into little pieces and dropped them on the floor. His band-some face no longer smiled. The silence between them was filled with the rythm of the dancing feet.

"I have not found them, "she said, "any better. They wear fine clothes and talk with cultivated voices, but they are the same. They are whispering to the women who are dancing with them, now, what they have just been whispering to me. They say that I am heartless. It is they who have no heart. They look at me only for my beauty, and for Mrs. de Costro's money, which they know that some day I will have. If Mrs. de Costro should dis-own me, if I should cease to be beautiful, if sickness should take away the color of my hair and skin, or any accident disfigure me, I should be a cast-off thing. I should be merely the girl without a family, who had worked in a factory. They do not care for me."

The glow on her cheeks could be seen even in the shaded light. She brushed the petals of the jasmine from her lap and turned passionately to the man beside her. "No one has ever cared for me," she cried, leaning toward him. "And you? How do I know that you are any better than the others? How do I know that you are one to whom a woman who has suffered as I have suffered, who has longed for happiness as I have done, would dare intrust her hope of it? I have known you in the ballroom, in the drawing-room, which is not to know you in the least. You say that you love me, you worship me. So do the rest. Are you any worthier of a woman's love than they? What will you do for love of me? What will you suffer? What will you give up?

"Oh." she said, "I have been cold and hungry. I have starved. But I was never colder nor hungrier in my attic"-she stretched out her arms glistering with dia-monds-"than I am in these. My soul is starving for some one to whom to pin its starving for some one to whole, sobbing, faith !" She caught her breath, sobbing, you; I have never cared for any other man But do you"-her eyes, looking into his, were not those of the courted beauty, but of the piteous little child-"do you, know-ing all that I have told you, knowing your-

own words as though someone else where speaking. "No," he said. "I do not. I do not!" No one else would have recognized the voice as that of Baron Mechlenberg. "I

needs of the body for one or more of the different classes of food-stuffs. With a full recognition of this possibility, the fact regoes, the average man, whose life is spent in mental rather than physical activity, does not require more than one half the amount of proteid food called for by the minimal dietary standard.

Further, it is evident from the foregoing statements that we are now in a position to determine what constitutes an excess of food. If the body can maintain its equilibrium, with continued health and strength, on an average consumption of 50 grams of proteid per day, it is certainly proper to class all proteid food beyond this amount as an unnecessary excess, for which the body has no real need. Moreover, it cannot well be considered illogical to urge that such excess is not only wasteful, but must inevitably be a source of danger which prudence would counsel us to avoid.

To make more emphatic, and perhaps render more intelligible, the full significance of these conclusions, we may add that the full requirements of the mental worker for food are easily met by a very simple dietary. In fact, some of the subjects volun tarily restricted the taking of food to two meals a day. Thus, one man, with a body-weight of 127 pounds, for many months partook of a daily diet of approximately the following composition:

Breakfast: One small cup of coffee, with cream and sugar.

Lunch: One shredded wheat biscuit, or other cereal product, about one ounce, with three onnces of cream; one wheat gem, one ounce: butter, one fourth ounce; one cup of tea, with one third ounce of sugar; cream cake, or other sweet, two ounces.

Dinner: Pea soup, four ounces; the lean meat of one lamb chop, one ounce; boiled sweet potato, one and three fourth ounces; wheat gem or biscuit, three ounces; butter, one half onnce; a cake or sweet pudding, two ounces; demi-tasse coffee, with one third onnce of sugar; cheese crackers, one half ounce.

Such a diet contains 6.7 grams of nitrogen, or about 42 grams of proteid matter, and has a total fuel value of only 1750 calories; yes for nine months this person lived essentially on such a diet as this,-i.e., on a diet containing approximately this quan-tity of nutrients, —and indeed he has not varied much therefrom for a period of two years. The fuel value of his daily food has rarely exceeded 2000 calories, while the proteid food has been kept con. amount of stantly within very narrow limits, and with maintenance of body-weight and nitrogen equilibrium, thus showing that the daily food has been quite sufficient for the needs of the hody. Further, he asserts that

ander no circumstances would be return to his former habits of living, so much better is his bodily health, and so much greater his capacity for mental work. New habits of living have been formed, and there is no craving for the excessive quantities of proteid food that formerly his system seemed to demand, and which our present dietary standards assume to be essential for bealth

and strength. A man of greater body-weight, and per-

haps doing more muscular work, would naturally require a somewhat larger amount

men of the detachment took part in the experiments, the others being non-commissioned officers, cook, cook's helper, etc., who looked after the household and other affairs of the detachment. The men ranged university; many of them were "Y" men, mains that so far as experimental evidence in age from twenty-one years and six months to forty-three years.

cream and half an ounce of sugar.

in proteid, though perhaps rich in car

every indication of a betterment in the

THE PHYSICAL WORKER.

son using the simpler dietary.

banana.

While all of these men had volunteered for the experiment, knowing what was de- tions of training, were at the time the exsired of them, and no doubt willing to periment began consuming per day amounts undergo, if necessary, some personal incon-venience, yet, it could not be expected that ards set for they would take that zealous interest in work," namely, 150 grams of proteid per the experiment which the members of the day, with a total fuel of 4150 calories in preceding group did. Consequently, in their daily food. Yet these men, gradually gradually reducing the quantity of food, it reducing their intake of both proteid and was necessary to keep the men thoroughly non-nitrogenous food, soon established satisfied with their daily diet, so that there equilibrium at a much lower level, but exmight be no complaint from pangs of hun-ger, insufficiency of food or monotony of athletic work during the period of five diet. Further. that these soldiers were accustomed to a Indeed, one man gained a much coveted in bored under the delusion that physical strength and vigor could be obtained only through consumption of most o through consumption of meat, a mental their athletic work was accomplished. prejudice that had to be gradually over- Furthermore. every man of the group at ne. On a preceding page is given the daily diet of these men when they first re- a marked gain in physical strength, as inported for the experiment. At that time they were taking each day more than the 118 grams of proteid called for by the men doing moderate muscular work, and more than the 3000 calories, the supposed re-

quirements in fuel value. Contrast now the daily consumption of food by these men during the last five months of their stay in New Haven. The experimental evidence gradually accumu-lated showed that these soldiers were quite able to maintain their body-weight, their bodily strength and vigor, and their nitrogen equilibrium with a daily intake of about 55 grams of proteid, and with a total fuel value in their daily food equal to about 2500 calories. The eleven subjects of the detachment who remained throughout the experiment were thus able to keep up their physiological equilibrium and to preserve their health and strength with a saving of full fifty per cent. or more in pro-teid food, and with considerable saving also in the consumption of non-nitrogenous food.

The dietaries of three days may be given as illustrating the character and quantity of the food consumed, remembering that these men had to be supplied with some what bulky food in order to avoid the suggestion of any restriction in diet :

Breakfast : Fried Indian meal, four ounces; syrup, three ounces; baked potato. nine ounces; butter, three-fourths ounce: one cup coffee.

Dinner : Thick tomato soup, with potatoes and onions boiled together, eleven ounces; sorambled egg. two ounces; mash-ed potato, eight ounces; bread, two ounces; butter, one-third ounce; one cup coffee.

Supper : Fried bacon, three-fourths ounce; boiled potato, eight ounces; butter, one-third onnce; bread pudding, six ounces sliced hanana, eight ounces; one oup tea. This day's diet contained 8 4 grams of

bitrogen, or 52.5 grams of proteid, and had a total fuel value of 2400 calories. Breakfust: Fried rice, six ouncer; syrup,

two ounces; baked potato, six ounces; butter, one-third ounce; one cup coffee. Dinner: Thick pea soup, ten ounces; boiled onions, six ounces; boiled sweet po-

lent, and were all trained stincts and our cravings may be advantato the highest degree of perfection for their athletic contests. They were men of recognized standing among their fellows in the indicating that they had been successful in athletic competition.

These men, following the ordinary tradiof food corresponding at least to the stand-"men with hard muscular it must be remembered months that the experiment was continued. the close of the five months' period showed dicated by the dynamometer and other tests, clearly suggesting that the body was better off without the large surplus of food they had been in the habit of consuming.

How great the economy in daily food was may be indicated by a statement of fact. One man, with a body weight of 150 pounds, was in equilibrium on a daily diet of 56 grams of proteid, with a total fuel value of about 2500 calories. A secoud athlete, weighing 175 pounds, was in equilibrium on 71 grams of proteid food per day, with a total fuel value of 2800 calories. A third subject, with a body-weight of 162 pounds, maintained equilibrium on 72 grams of proteid daily, with a fuel value of 3000 calories. It is surely no exaggeration to say that these men during the five months of the experiment practised an economy in their daily food equal at least to a saving of 50 per cent. in the amount of proteid, and with an added economy of at least 30 per cent. in the consumption of non-nitrogenous food.

One or two samples of the daily diet made use of by these men may be added as showing the general character and quantity of their food, which, it may be stated, was the result of their own choice

Breakfast : One banana; wheat roll, two ounces; butter, one-balf ounce; one cup of coffee, with four onnces of cream and one and three-fourths ounces of sugar.

Lunch : Boiled eggs, four ounces; bread, two ounces; butter, two-thirds of an ounce apple sauce, five ounces; one cup of coffee. with two ounces of cream and one-half ounce of sugar.

Dinner : Bacon, one and one-half ounces potato croquette, two and one-half ounces acaroni, two and one-fourth ounces; bread, one ounce; butter, one-fourth ounce; water ice, four and one-half onnces; one cup of ffee, with two ounces of oream and three-

fourths of an ounce of sugar. This day's diet contained 8.4 grams of nitrogen, or 52.5 grams of proteid, and had

a total fuel value of 2400 calories. Breakfast: One orange, five ounces; baked potato, six ounces; butter, one-half ounce; wheat roll, one and three-fourths

benefit of the community, there should be a just appreciation of the part which the daily diet plays in the running of the bodily machinery. The burning of more fuel than is really necessary is as wasteful in the nutrition of the body as in the running of the boiler and steam-engine. The pru-

dent engineer knows to a fraction the pressure of steam he needs to carry, and he does not intend to waste fuel or endanger his boilers or engines in heedless management or reckless disregard of actual quirements. Man, on the other hand, is rarely inclined to consider the application of these principles to his own bodily ma-chinery, with its even greater complexity of structure and function, and with its infinitely finer adjustments. He ordinarily allows appetite and craving to determin the character and quantity of his daily fuel, quite satisfied so long as the machinery stands the strain.

Economy in food does not imply prohibition. It is neither vegetarianism, fruitar-ianism, nutarianism, or any kind of "ism." It means simply temperance in diet, with the application of available scientific knowledge; the use of reason and intelligence, combined with a due appreciation of the dignity of the body and the necessity of meeting the daily wants without imperiling that high degree of efficiency which helps to render man physically and mentally supreme. Practically, this implies the avoidance of the large quantities of proteid food so commonly made use of by civilized man, with the substitution of a dietary characterized by a predominance of the lighter vegetable foods. In this respect it leans somewhat toward vegetarianism. The heavier meats of our daily diet can be advantageously replaced in part by lighter articles of diet less rich in proteid, and with more frequent addition of green vegetables, fruits, and corresponding articles of food, less prone to yield objectionable decomposition products.

Finally, we may venture the belief that a daily diet, characterized by simplicity and temperance, so constructed as to har-monize more fully with the true needs of the body, with habitual avoidance of undue excess of food, will eventually lead to a betterment of the physical and mental condition of the human race; with the added probability that not only will greater health and strength be secured for the individual, but that man's years will be multiplied through the increased saving of

geously modified by the use of reason and the application of that intelligence which is the crowning glory of enlightened man? For the good of the individual and the

She looked down like any nervous de-butante and closed and unclosed her fan. "I will give it to you," she replied at last, "after we have had our dance. 1

dance with you-the sixth, is it not? Until then do not look for me again." When the time for the sixth dance arriv-

ed he came to claim her.

"Whither?" he whispered, his eyes roam-ing over and beyond the brilliant throng that was gathering at the first strains of the waltz to the conservatory, whose lan terns twinkled distantly through the green. But she laid her hand on his arm.

'We will dance first," she said. glance rested on him oddly for a moment as they whirled into the maze.

She leaned dreamily on the young bar on's arm, appearing, as they floated in and out among the others, to have abandoned herself utterly to the intoxication of the waltz; looking up at him, her glorious head tipped back, through balf veiled eyes. When it was over she suffered him, with a sigh, as though reluctant, to lead her from the room.

"Before I answer you," she said, when they found themselves alone, "there is something that I want to ask you. You must not say anything until after I have finished. My answer will depend on yours." The conservatory was deserted except for themselves. The lights and figures in the ballroom beyond them could be seen dimly through the green. Dark leaves and great clusters of azalea shut in the little rockery in which they sat, and ferns and sprays of flowering jasmine, transparent in the light from the lanterns that were half concealed among the foliage, hung like a ghostly curtain overhead. Celeste du Bois, on rockery seat, her white figure outlined against the green, seemed to the man beside

her, in her surpassing beauty, like the nymph of the place. And yet, as in the alcove and throughout the dance, there was something about her that perturbed him. "You must promise not to interrupt

me." she said. Her gravity, the tremor of her voice disturbed him further, for he still twirled the rosebud, acquiescing, and still smiled. It

was a moment or two before she spoke.

"Before I ask my question," she went on finally, steadying her tones, "I want to tell you something of my life. About the part of it about which everybody knows— and does not know." She reached up and broke a spray of jasmine and drew it back

and forth hetween her hands. "I was a poor little child," she said. "I came from poor people-miserable people, although the blood back of them was good. My father drank and my mother died. I worked, from the time I was six until I

was sixteen, in a factory, as all the women love to tell each other, although they do not speak of it to me. There is much more that I will tell them if they ask me. Be-

-

for summer girls when they come in a party?" asked the pretty brunette in the mountain hotel.

"Yes, indeed," replied the clerk,

" 'Peaches' and 'dears.' "-Chicage

-Subscribe for the WATCHMAN.

-Mr. Slimsky-"I don't believe the city water is safe. I notice it has a cloud-ed appearance this morning and tastes sort

of-milky-and-" Mrs. Starvem-"That glass contains milk, Mr. Slimsky; the water is at your left. And, by the way, your board bill was due yesterday."-Cleveland Leader.

-"I hate to have anything on my con science, don't you ?" she mused. "I never have," he replied, quickly. "Mine isn't working."

"Shall we go," he asked, "and find your partner? We must not stay here any long-

He rose and stood looking down at ber from over his folded arms, in the anguish and surprise and, like a strange new thrill, the glory of having found that he loved an other better than he loved himself.

"I shall leave the city," he said, "in the morning. I cannot stay where I shall see you. I shall not see you alone again hefore I go. Good-bye!"

Celeste du Bois had risen also. The dimonds sparkled on her arms, her bosom, in her hair. Never had she seemed to the man before her so wonderful. He regarded her intently, as though to fix her image on his mind. She stood with eyes averted, toying with the leaves.

"Are you not going to wait," she said, "to let me thank you for what you have done?"

"Is there any need?" he oried with bitterness; but she held up a detaining hand. "There is something that I wish to say," she said, "before we go." She looked up and he saw what she had hidden from him, the light in her eyes.

"You have said," she went on, "that you are no better than the others. may not have been, perhaps. I do not know what you may have been, but though you never were before, you are to-night better than the others. You are the only man whom I have found capable of faith."

She stood before him in the soft light, regarding him with head held high. The music and the murmur of the throng outside seemed to him suddenly to have receded far away.

"I was afraid," she said, "to weigh you in the balance, but I have not found you wanting. I asked you what you would give up for me, and you have shown me that you cared enough for me to give up self!

She took a step toward him. The leaves and the lanterns swam in a blur before the young baron's eyes. No man, among those who knew Celeste du Bois, had ever seen

that expression on her face. "I told you," she said, "that my answer would depend on yours-and it is yes."-By John Earl in The Smart Set.

-"And have you any special terms

suavely. "And what are they?"

News.

# energy now wasted in caring for the large surplus of fuel unwisely introduced.-The Century Magazine.