



WHAT, WHEN AND HOW TO EAT

The Importance of Selecting, Combining and Proportioning Food.

By **EUGENE CHRISTIAN, F. S. D.**

[Copyright, 1913, by American Press Association.]

THERE are three common laws that govern all forms of animal life—namely, nutrition, motion, oxidation, or, in other words, eating, exercising and breathing. Both exercising and breathing are automatic processes; therefore they are done in accordance with nature, but it is different with our food.

Man has put into his stomach in some form or other nearly everything on the face of the earth, and his efforts have been crowned with a series of mistakes that are largely responsible for a condition of universal disease and a woeful shortening of life.

As this series of articles will deal largely with these mistakes and how to correct them, I will first take up the subject of nutrition—man's food. I will subdivide this subject into three parts—selecting, combining and proportioning.

In order to get the best results the diet must be selected so as to contain all the elements of nourishment the body needs. It must be combined so as to be chemically harmonious when mixed in the stomach, and it must be proportioned so that one is not overfed on some things and underfed on others. In other words, the diet must be selected so that it is in balance.

Man's Life is Too Short.

Man has existed a long time on this earth, and he thinks he has done fairly well without knowing or caring anything about these laws, but when we examine the mortality tables of all civilized countries we realize that there is something radically wrong.

The life period of mankind, reckoning from an age of six, is only a little over thirty-eight years, and if we take him from his infancy it brings his pe-



THE GROWING CHILD NEEDS SULPHATE OF LIME.

rod of existence down to less than thirty-four years. He barely gets grown before he drops into his grave.

Nature does not demand exactness in eating. If one eats a little too much or the wrong proportions the surplus can be worked off, but the work must be done or the penalty must be paid. The penalty is some form of congestion in the body which we are pleased to call disease.

Three Other Laws of Diet.

When we learn how to select, combine and proportion our food it should be partaken of according to our age, climate (time of the year) and the work we do.

If we wish the best results we must select and proportion our food according to age, because the growing child or youth needs much structural material—sulphate of lime—with which to build bone, teeth and cartilage. This is found in cereals and all starch foods. The middle aged person needs but little of these, just enough for repair and the aged person needs practically none.

In selecting and proportioning our food we should observe the laws of temperature or time of the year. We should not partake of foods of a high caloric or heating value at a time when the sun is giving us this heat direct, thus building a fire inside while the sun is giving us the same heat outside. The violation of this simple law is the cause of all sunstroke and heat prostrations. On the contrary, if we are going to be exposed to zero weather we should build the fire in-

side by partaking of foods of a high caloric value.

Balanced Diet Essential.

We should select and proportion our food according to the work we do, because eating is a process of making energy, while work is a process of expending energy, and we should make these two accounts balance. When they are balanced we are healthy; when they are unbalanced we are diseased.

Health is our natural condition, and the nearer we obey the laws of nutrition as above subdivided the more perfect our health will be and the more automatically all functions of the body will work. Correct eating, exercising and breathing, therefore, cure disease by establishing normal conditions, by removing its causes, thus permitting nature to give us our birthright, which is health.

Results of Wrong Food Combinations.

There are hundreds of chemicals so opposed to each other that they produce violent action when mixed together, and so it is with food. Every article of food we eat is composed of a definite chemistry; therefore to get the best results or the highest value (energy) out of what we eat our meals must be composed of things that are chemically harmonious.

The stomach serves two purposes—first, a mixing and testing crucible; second, a storehouse or depot.

It is estimated by the highest authorities that about 90 per cent of all human disease originates in the stomach; therefore if people knew how to select and combine their food so that every article composing the meal would be both nutritious and chemically harmonious it would do more to promote health and raise the standard of life than any other one thing known to science.

When several foods are eaten at the same meal that are not chemically harmonious nature pours into the stomach a large amount of hydrochloric acid, which produces fermentation. This is nature's way of neutralizing and getting rid of these opposing elements. Then we say the foods did not agree with the stomach when the facts are they did not agree with themselves.

Cause of Heart Trouble.

When there is too much hydrochloric acid in the stomach foods digest too quickly. This causes congestion in the upper intestines. The food, being supercharged with acid, undergoes a process of fermentation which generates gas. This gas accumulates in the transverse colon, and the pressure in this distended colon often causes an insufficient blood flow into the heart; hence the faint heart action, now and then skipping a beat. At other times it causes an excessive blood flow or arterial overflow, and then we have palpitation, dizziness and sometimes complete heart failure and death.

In addition to congestion and irregular heart action the excess acid causes irritation of the mucous membrane of intestinal lining, and the millions of little nerve fibers that lead out from these irritated surfaces to every part of the body also become irritated and cause what we call nervousness.

The brain and the stomach bear the same relation to each other that a balloon bears to a basket. They are connected by thousands of nerves and capillary vessels; therefore when the stomach becomes irritated by acid the brain is the first organ to suffer. Then we have insomnia, nervousness, melancholia, lack of concentration, etc.

Results of Autointoxication.

These are only a few of the conditions caused by the wrong selections and combinations of food. The general physical trouble is described by the word autointoxication, which means that we have eaten more food than the body could use, and nature has decomposed or changed it into alcohol and carbon dioxide poisons. Autointoxication causes innumerable symptoms, such as anaemia, languor, drowsiness, impure blood, indicated by pimples or acne; melancholia, a lack of interest in things. That is, where we should be normally cheerful we are melancholy. Instead of being mentally bright and quick to comprehend, our mind is disturbed, wandering and dull, and we undergo a sort of general mental and physical let down.

There are a number of other conditions caused by the wrong selections and combinations of food which, named in the order of their importance, are rheumatism, Bright's disease, gout, lumbago, diabetes, hardening of the arteries, enlargement of the liver, etc. Inasmuch as the true remedy for all diseases must be found in the field of their cause, it is obvious that the cure for these disorders lies in food. When I say cure I mean that scientific feeding will remove the primary causes, and nature will do the curing.

Disease is the Penalty.

Just as the state punishes people who violate her criminal laws, so all disease is merely the penalty for violating natural laws. Nature, however, is more merciful than the state. She will forgive and cure if you will turn and obey her laws. This is the reason why the greatest living scientists are gradually turning toward the food question to find the causes as well as the cure for a majority of human disorders.

In this series of articles I shall endeavor to point out the various combinations of food that cause many common diseases and show how their causes can be removed and cures made by the scientific use of food.

Health is the one thing we all desire, and, as this great prize is a matter of obeying or disobeying natural laws, let us examine man with some care and if possible ascertain some of these cosmic rules.

Scientific feeding does not mean dieting, deprivation or dieting. It

means simplicity, good living, delicious food; it means knowledge of and obedience to the natural laws of building up and maintaining the human body, which are overlooked probably on account of their simplicity.

A STOLEN BANKNOTE.

And a Keen Eyed Detective Who Was Unable to Locate It.

A police officer tells an interesting tale of an old woman he once had to deal with. A batch of banknotes had been stolen, and the detective found some one to tell him that the old woman in question, a notorious "fence," had one of the notes, at least, at her house.

So implicitly did the detective rely upon his informer that he set aside the formality of a search warrant and proceeded to visit the old woman's house, locked the doors on the inside and rummaged the rooms from cellar to roof. He is an officer who prides himself on his keen scent in a search, but he was completely baffled, and after tearing up some boards and knocking down some plaster by way of making a show of doing something, while he waited for a new idea, at last he gave it up.

Turning to the woman and handing her back a candle which she had lent him to work with, he said:

"Well, this time I confess I am beaten. Tell us where it is, mother, and I'll get you off."

The promise was sufficient.

"You've had it in your hand most of the time," she said, "and gave it back to me this minute. It's wrapped round the candle."—London Answers

Cupid Up to Date.

Louise—Will you love me forever? **The Swain—**Yes, darling, and I'll vote the way you do as long as I live.—Chicago News.

"Do you believe in telepathy?"

"Yes."

"Have you had any experience in that line?"

"No. But I'd rather say I believe it than invite some enthusiast on the subject to give me an argument about it."

"It is impossible to get a fair estimate of the output of the American hen."

"Why is it impossible to get a fair record?"

"Because, no matter how you fix it, the record is bound to be a fowl one."

The conditions under which we live and work have made the American people a nation of pill users. Naturally many pills are put on the market that are simply made to meet the requirements of those to whom any pill is a pill, and one pill as good as another. But there is progress even in pills, and at the front of this pill progress stand Dr. Pierce's Pleasant Pellets, a scientific medicine which cures constipation, and cures it permanently.

—She who hesitates is won.—June Woman's Home Companion.

Coal and Wood.

A. G. MORRIS, JR.

Shipping and Commission Merchant, and Dealer in

ANTHRACITE AND BITUMINOUS

COALS

CORN EARS, SHELLED CORN, OATS and other grains.

BALED HAY AND STRAW

Builders' and Plasterers' Sand.

FEDERAL STOCK FOOD.

KINDLING WOOD

by the bunch or cord as may suit purchasers, respectfully solicits the patronage of his friends and the public, at his Coal Yard near the Pennsylvania Passenger Station.

58-23-14 Telephone: Commercial 204 E. Bell 64.

Attention Farmers.

Just a Reminder to those who are interested in GROWING GOOD CROPS.

The way to increase your crops is by gathering all the barnyard manure and then distribute it with a New Idea Manure Spreader

Because it is the best pulverizer, Because it spreads six feet wide, Because less weight means light draft, Because it is absolutely gearless, Because it is low down, easy loading, Because it tracks with standard wagons, Because front and rear wheels track, Because load is carried on both axles, Because it cannot choke or bunch, Because of perfect endless conveyor, Because conveyor cannot race or slip, Because it has the widest range of feed, Because it is the best spreader on the market up to date.

We invite any trustworthy farmer to take a spreader out and be convinced of the truth of our assertion. We have the Wiard Sulkey and Walking Plows, Spring and Spike tooth Harrows, Grain Drills, Fertilizers of all Grades, Poultry Supplies, Gasoline Engines and all kinds of Pumps. BROOKVILLE WAGONS A SPECIALTY.

JOHN G. DUBBS, 58-6m. BELLEFONTE, PA.

Medical.

Pharmacy.

Attorneys-at-Law.

MURRAY'S Rheumatic Remedy

THE MARVELOUS CURE FOR RHEUMATISM.

\$5.00 the bottle at your druggists, or sent Parcels post on receipt of price. Money refunded if it fails to cure YOU.

WM. H. FIELDING, Sole Agent. Druggist, 58-20th. LYNBROOK, N. Y.

Fine Job Printing.

FINE JOB PRINTING

—A SPECIALTY—

WATCHMAN OFFICE.

There is no style of work, from the cheapest "Dodger" to the finest.

BOOK WORK.

that we can do in the most satisfactory manner, and at prices consistent with the class of work. Call on or communicate with this office.

Restaurant.

RESTAURANT.

Bellefonte now has a First-Class Restaurant where

Meals are Served at All Hours

Steaks, Chops, Roasts, Oysters on the half shell or in any style desired, Sandwiches, Soups, and anything eatable, can be had in a few minutes any time. In addition I have a complete plant prepared to furnish Soft Drinks in bottles such as SODAS, SARSAPARILLA, SELTZER SYPHONS, ETC.

for pic-nics, families and the public generally all of which are manufactured out of the purest syrups and properly carbonated.

C. MOERSCHBACHER, 50-32-ly. High St., Bellefonte, Pa.

Meat Market.

Get the Best Meats.

You save nothing by buying poor, thin or gristly meats. I use only the LARGEST AND FATTEST CATTLE and supply my customers with the freshest, choicest, best blood and muscle making Steaks and Roasts. My prices are no higher than poorer meats are elsewhere.

I always have DRESSED POULTRY

Game in season, and any kinds of good meats you want.

TRY MY SHOP.

P. L. BEEZER, High Street. 34-34-ly. Bellefonte, Pa.

High Street. 34-34-ly. Bellefonte, Pa.

Groceries.

Groceries.

SECHLER & COMPANY.

MINCE MEAT is just in order for Easter. Send in your orders.

FANCY EVAPORATED CORN—Price reduced from 25c to 22c or three lbs. for 62c. An excellent grade of dried corn at 15c per pound.

SUGARS—When we made a price of Five Cents a pound on Franklin Fine Granulated Sugar it was not as a cut but was one regular price, and you do not have to buy it on any special days but on any day you want it and in any quantity desired. We do not anticipate any early advance on sugar.

EVAPORATED FRUITS—All New Crop goods. Unpeeled Peaches at 12c, 15c and 18c. Apricots at 16c, 20c and 25c. Fancy peeled Peaches at 35c. Prunes at 10c, 12c, 15c and 18c. All fine quality.

COFFEES—We are able now to give a word of encouragement on the coffee proposition. There has come a time in the market that prices are a little lower, and we take the first opportunity to give you the benefit of the decline—not in the way of changing prices in our standard line but in giving much better values on all grades. Our aim is not to sell cheap Coffee but good goods at fair prices. Our standard grades at 25c, 28c, 30c, 35c and 40c will far surpass any goods offered at such prices. The new goods will be on sale by the 24th or 25th of March.

ORANGES—Desirable fruit is not plentiful and prices pretty high but we have Fine Florida's at 35c, 40c and 50c a dozen. Fancy Lemons at 30c and 40c a dozen.

NUTS—Finest California Walnuts, at 25c a pound, and fresh roasted Peanuts at 5c per quart.

SECHLER & COMPANY,

Bush House Block, 57-1 Bellefonte, Pa.

LIME AND LIMESTONE.

Increase Your Crops

Lime is the life of the soil.

USE CENTRAL PENNSYLVANIA LIME

Some Farmers have actually doubled their crops or use of "H. O." lime Drill it for quick results. If you are not getting results use "H. O." lime. We are the largest Manufacturers of Lime in Pennsylvania. Ground limestone and Lime for all purposes.

Works at Bellefonte, Frankstown, Spring Meadows, Tyrone Forge and Union Furnace. Write for literature on lime.

AMERICAN LIME & STONE COMPANY., 58-8-1v. Offices at TYRONE, PA.

SKLINE WOODRING—Attorney-at-Law, Bellefonte, Pa. Practicing in all courts. Office Room 18 Crider's Exchange. 51-1-ly.

N. R. SPANGLER—Attorney-at-Law. Practices in all the Courts. Consultation in English or German. Office in Crider's Exchange. Bellefonte, Pa. 42-2

H. S. TAYLOR—Attorney and Counselor at Law. Office in Temple Court, Bellefonte, Pa. All kinds of legal business attended to promptly. 46-46

J. H. WETZEL—Attorney and Counselor at Law. Office No. 11, Crider's Exchange, second floor. All kinds of legal business attended to promptly. Consultation in English or German. 39-4

G. F. BOWEN & ZERBY—Attorneys-at-Law, Eagle Block, Bellefonte, Pa. Successors to Orvis, Bower & Orvis. Practice in all the courts. Consultation in English or German. 57-7

J. M. KEICHLIN—Attorney-at-Law. Practices in all the courts. Consultation in English and German. Office south of court house. All professional business will receive prompt attention. 49-5-1y

J. KENNEDY JOHNSTON—Attorney-at-Law. Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Office—No. 5 East High street. 57-44.

W. G. RUNKLE—Attorney-at-Law. Consultation in English and German. Office in Crider's Exchange, Bellefonte. 58-5

Physicians.

W. S. GLENN, M. D., Physician and Surgeon. State College, Centre county, Pa. Office at his residence. 35-41

Dentists.

D. R. J. E. WARD, D. D. S., office next door to Y. M. C. A. room, High street, Bellefonte, Pa. Gas administered for painless extracting teeth. Superior Crown and Bridge work. Prices reasonable. 52-32

D. R. H. W. TATE, Surgeon Dentist, Office in the Bush Arcade, Bellefonte, Pa. All modern electric appliances used. Has had years of experience. All work of Superior quality and prices reasonable. 45-8-ly

Plumbing.

Good Health and Good Plumbing GO TOGETHER.

When you have dripping steam pipes, leaky water-fittings, foul sewerage, or escaping gas, you can't have good health. The air you breathe is poisonous; your system becomes poisoned and invalidism is sure to come.

SANITARY PLUMBING

is the kind we do. It's the only kind you ought to have. We don't trust this work to boys. Our workmen are Skilled Mechanics, no better anywhere. Our

Material and Fixtures are the Best

Not a cheap or inferior article in our entire establishment. And with good work and the finest material, our

Prices are lower

than many who give you poor, unsanitary work and the lowest grade of finishings. For the Best Work try

ARCHIBALD ALLISON, Opposite Bush House - Bellefonte, Pa 56-14-ly.

Insurance.

EARLE C. TUTEN (Successor to D. W. Woodring.)

Fire, Life and Automobile Insurance

None but Reliable Companies Represented. Surety Bonds of All Descriptions. Both Telephones 56-27-y BELLEFONTE, PA.

JOHN F. GRAY & SON, (Successor to Grant Hoover)

Fire, Life and Accident Insurance.

This Agency represents the largest Fire Insurance Companies in the World.

—NO ASSESSMENTS—

Do not fail to give us a call before insuring your Life or Property as we are in position to write large lines at any time.

Office in Crider's Stone Building. 43-18-ly. BELLEFONTE, PA.

The Preferred Accident Insurance

THE \$5,000 TRAVEL POLICY

BENEFITS: \$5,000 death by accident, \$5,000 loss of both feet, \$5,000 loss of both hands, \$5,000 loss of one hand and one foot, \$2,500 loss of either hand, \$2,500 loss of either foot, \$500 loss of one eye.

25 per week, total disability, (limit 52 weeks)

10 per week, partial disability, (limit 26 weeks)

PREMIUM \$12 PER YEAR, payable quarterly if desired.

Larger or smaller amounts in proportion. Any person, male or female, engaged in a preferred occupation, including house-keeping, over eighteen years of age of good moral and physical condition may insure under this policy.

Fire Insurance

I invite your attention to my Fire Insurance Agency, the strongest and Most Extensive Line of Solid Companies represented by any agency in Central Pennsylvania

H. E. FENLON, 50-21. Agent, Bellefonte, Pa.