

Your Health,
The First Concern.



Bread Energy Producing Food but It Must be Supplemented by Properly Balanced Diet.

White bread is perhaps the most important article in the American diet, because of its extensive use. It is our principal energy producing food, as a carbohydrate food, and so in the average meal, makes a contribution for which it would be hard to find an adequate substitute. Whole wheat bread, rye bread or graham bread, to be sure, may be substituted for the sake of maximum nutrition by those who prefer as many do, the taste of the white bread.

Experiments have fairly well removed grounds for the charge that white bread is less rich in elements good for the human system than its brothers of the bread family. What experiments have proved, on the contrary, is that all wheat breads are exceedingly important and valuable in the diet, but that no wheat bread is sufficient in itself to sustain life properly. Man cannot "live by bread alone," in the literal sense. This statement is not an argument against eating bread.

We can safely eat plenty of bread with excellent results if we combine it with other foods that will give a properly balanced diet and that will supply certain elements that bread itself lacks.

Fruit and the leafy vegetables furnish the proper balance for bread in a meal and not only will we find this kind of meal satisfying to the palate but we may feel assured that we have supplied our system with all that the most princely income could buy. A little meat added to the above, not too much and not at every meal, will make a perfect diet.

The protein of either whole wheat flour or white flour is not of a type sufficient to flourish the body since wheat protein is deficient. The protein of bread must be supplemented with either a meat or proper vegetable protein before the proper nourishment is assured for building muscles and other tissues.

Also wheat flour does not contain enough inorganic salts (mineral salts) to meet the needs of growth and health. In the case of lime, for instance, a person would have to eat ninety slices of white bread to obtain sufficient lime for his body's needs. It would be absurd therefore to depend upon bread for lime, when leafy vegetables will supply it. Milk also supplies it in a large proportion. Although bread is one of the chief articles of diet there is never enough eaten at any one meal, or at any one time, to assist very greatly the human body in growth and maintenance. Bread is an energy-producing food, and not look to it for those elements that come properly from other foods.

According to Dr. E. C. McCollum, of Johns Hopkins University, wheat flour also is deficient in a certain substance, as yet unidentified, which will give satisfactory nourishment to any human being for any great length of time. This unknown substance may be found in butter fat, and so bread requires supplementing with something containing the substance found in butter fat. Thus it is seen that the tradition which weds "bread and butter" is justified by dietetic analysis.

Undernourishment may come about from a diet which is restricted too closely to bread. The diet consisting almost entirely of "bread and coffee" three times a day, which prevails in some sections of the country, is not safe and is not to be recommended. This statement is not a criticism of bread, but merely a recognition of fact that no food is in itself perfect. Milk comes nearest to being the perfect food, and yet no adult would think of living on milk to the extent of restricting his three meals a day to it. Bread does carry out efficiently for the human system the part that Nature assigned to it, but it does not do everything.

The value of milk is being recognized by bakers of good white bread. The milk content supplies certain elements that add to the nourishing qualities of the bread. For this reason I strongly urge the use of bread that contains a liberal quantity of good wholesome milk.

White bread, being light and spongy, invites by its texture, proper chewing, and also a proper chewing of the foods eaten with it. Chewing our food is one of the important advantages that stands to the credit of bread in the diet.

White bread is pleasant to the eye, and pleasant to the taste. Its place in diet is justifiably a high one. It will undoubtedly remain one of the principal articles of diet through the ages to come. People will learn to eat it in meals that are properly balanced; then the things that have been said against white bread, and which ought to have been said against the lack of balance in meals, will have no basis in fact. When we thoroughly understand these facts, white bread will bear its part as "the staff of life" without being asked to bear the whole burden of maintaining life.—By Dr. Daniel R. Hodgdon.

—The Watchman gives all the news while it is news.

Garden Idea Fostered by English Merchant

In Piccadilly, in the center of London, the mother of gardens came into existence many years ago, according to the Christian Science Monitor. It was at Hatchard's, the well-known bookseller and publisher, in 1804, that John Wedgwood gathered his friends together and unfolded a plan to "foster and encourage every branch of horticulture" and to "collect every information respecting the cultivation and treatment of all plants and trees."

The founder of the House of Hatchard, John Hatchard, was in sympathy with every project that made for the good and enlightenment of mankind. It was a suitable place for this society, the mother of many affiliated societies, to begin its world-wide operations. The room where the first meeting took place no longer exists, as the building has been rebuilt since that time, but a portrait of John Hatchard still hangs in the comfortable lounge that forms the shop. The picture shows the intellectual nature of the man. The windows facing Piccadilly and the wooden seat that in summer time is placed in front of them carries one back to a time when the rush and noise of the London streets was less than at the present time. There is an air of leisure and other-worldliness that is very pleasant to those passersby who long to forget the hurrying feet and noisy sounds of crowded thoroughfares.

The society did not receive its royal charter till 1809, which set forth that its aim was the improvement of horticulture, ornamental as well as useful. Well has it carried out its resolutions.

Present-Day Almanac Traced to Old Greece

Far back in the days of ancient Greece it was the custom to announce the first day of the month either through a herald or placards pasted on the city walls. These placards were known as kalends, or kolendae, from the Greek, "I call or proclaim." The book of accounts referring to the days of the year was known as a calendarium, hence the word calendar. Excavators at Pompeii have discovered a square block of marble which served the Greeks as a calendar. Each side served as a record of three months. Each month was headed by the proper sign of the zodiac, and contained astronomical, agricultural and religious information.

Tracing back the origin of the word almanac, Versteegan, the famous old lexicographer, says:

"Our ancient Saxon ancestors used to engrave on certain squared sticks about a foot in length, sometimes more, sometimes less, the courses of the moons of the whole year, whereby they always certainly tell what new moons, full moons and changes should happen, as also their festival dates; and such a carved stick they called al-mon-acht; that is to say, al-mon-head, to wit, the regard or observation of all the moons, and hence is derived the name almanac."

Families and Happiness

I have learned that the happiest people in the world are those who are happily mated and have large families. Although they do not say, as a rule, that they are happy, I often see the envy in other people's eyes. They work hard, apparently not knowing how disagreeable are the tasks thrust on them, and without caring how much their labors made them tired. When the evening comes, they carry home the profits of their toil and lay them on the laps of the women who love them. Perhaps, somewhere in the next room, a baby is crying. I might find it disturbing. They think it the most beautiful music in the world.—Hannen Sweffer in London Express.

Times Change

The candidate dropped into town in the old flivver he teamed about in the country districts in order to show that he did not feel above the common herd.

"You don't expect to get any votes here, do you?" questioned one of the party managers.

"Yes. Why not?" replied the surprised pol.

"Well, the fellow that's runnin' ag'in, er dropped down on us yesterday in an airplane an explained that he called on his way to Paris and our folks give him a dinner."—Portland Evening Express.

Breaking an Egg

The slightest tap against a hard surface is usually sufficient to break the shell of an ordinary egg. If, however, pressure is exerted gradually at each end of the egg it is often impossible to break it with the bare hands. The United States bureau of standards recently decided to find out just how much pressure would be required to break an egg in this manner. A pressure of 51 pounds had to be exerted on the testing machine before the shell of an egg gave way.

Real Fresh

As had dined in a restaurant far to the north of New Orleans and felt that the excellence of the meal merited some praise.

"The finest steak I've ever tasted," he told the proprietor.

"It ought to be," was the somewhat disconcerting reply, "for it came from one of the finest two-year-old Jerseys in this section; you'd never have had steak from her if she hadn't collided with an automobile yesterday morning."

Rabbit Disease Not Imminent.

Quite a number of people have become considerably worked up over a recent article published in The Country Gentleman, entitled "When You Shoot a Rabbit," the article dealing with a strange disease called tularemia. This disease was first discovered in Utah several years ago, and was called deer-fly fever. Investigation by a government bacteriologist developed the fact that the disease was found in chipmunks.

Its development in human beings was caused by contact with the diseased parts of rabbits.

The article in question paints a grisly picture of this disease, and states that traces of it have been found in 26 States! that it travels through the unbroken skin by contact; that there is no cure, but that it may be prevented by handling the rabbit with rubber gloves and by thorough cooking.

The article itself carries no intimation that the disease is general in its scope, but excerpts were copied by newspapers throughout the State, and some alarm has been felt by hunters.

The State game commission has made an investigation of conditions both in this State and in the west, whence come the rabbits which are imported into Pennsylvania for breeding purposes, and has failed to find trace of a single case here or a report of any cases from those who furnish Pennsylvania with its breeding and re-stocking rabbits.

There seems to be no basis in fact for any general application of the ban on rabbits, as it seems little is known of the disease and instances cited in the original article are from widely separated communities, indicating that the disease is not generally prevalent among the rabbit family.

It is altogether probable that if the disease were present among eastern

rabbits at all, it would be known by the game protectors, since diseased animals died five days after contracting the bacteria, and tests made show that it is highly communicable among rabbits.

The game commission is keeping a close watch for any appearance of the disease, and if it should show up, the commission would probably take all necessary steps to safeguard the public health.

Diseased rabbits can be detected by a multitude of white spots on the liver. The article cites but one instance where any considerable number of rabbits had the disease, and that was in Utah, where the ailment was first studied. The article also cites an annual affliction among Washington butchers who handled the carcasses of rabbits shipped in from

the west, this disease being known in Washington as rabbit fever, and appearing regularly when the rabbits began to come in.

Women May Escape Serving on Jury.

Washington.—District of Columbia women can escape jury by using the famous "I do not choose" expression of President Coolidge, Chief Justice McCoy of the Supreme Court ruled yesterday.

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