

Democratic Watchman

Bellefonte, Pa. June 14, 1929.

THE 3 DARLINGS.

(Continued from page 2, Col. 6.)

not money—can make it an easy fe. I should need all the help I could get.

"I know," I know said Gaynor wifily. "And your wife—" She roke off, aghast at her hideous under.

"And my wife?" he prompted her. Go on. What were you going to say about my wife?"

She tried to dissemble. "I—I hear ou may be married." Oh, worse and worse. Was there ever a more humiliating situation.

"Well, I may. But where did you ear about it?"

"Oh, nowhere particularly—just umor."

"Really? Well, rumor is usually wrong, but in this case, it is—or ather, I hope it is true."

She said with difficulty, "Why ouldn't it be true?"

"Because," said Alan, "it all de-pends on the lady. She may say no."

She nodded. "Yes, I know."

He smiled suddenly. "Oh, you do, o you!"

She bit her lips. Another ghastly under! What was wrong with her, nyway?

"I meant—evidently, since you didn't know her answer, you hadn't sked her." Oh, so stupid, so banal! He had stopped smiling. He said, But only because I've never had the ourage."

Ah, that was it after all!

"Or the opportunity."

But those long, secluded afternoon essions! Those languorous silver-ummer nights.

"Or the slightest encouragement."

What on earth had been wrong with Patricia's famous technique?

"But I've got the courage and the opportunity now, and—all I need s just the least bit of encouragement—the very least bit."

He was reaching out his arms and glancing over is shoulder at the same time. "Gay- or! You sweet! Do it—quick!—do t before that old lady looks up."

And Gaynor did—quick enough at he start, but so slow at the end that when the old lady looked up, they were still at it. The old lady was scandalized.

Kissing in a public lace! In full view of everybody! What next?

Alan was saying: "Oh, Gay, Gay— f you knew what I've been through ese past months! Desperately in ove and never an opportunity of see- ing you. All those day and nights I spent hanging around on the off- chance of a glimpse of you. And you treating me as if I were a pub- lic nuisance! Yes, you did! And the way they treated you! Like some jarned slavey. You—with your in- elligence, your beauty—"

Gaynor said swiftly, brokenly, "Oh, Alan, but I'm not pretty."

He looked at her with a vast dark astonishment. "Pretty! Of course you're not pretty in the moving-pic- ture way that Patricia is with her absurd little poses, or the magazine- cover way that Jerry is with her impudent nose and silly audacity. You—you are lovely, Gay. Your hair is like the copper beech in autumn, and your eyes are like far-off stars just at dusk, and your mouth—it was your mouth I noticed first that morn- ing in the woods—so very, very sweet and sensitive, Gay. A man need look no further than your mouth to know all about you, Gaynor."

"Alan, all this—you, you, me, what you're saying—it's not a dream, is it?"

He said in a low passionate voice: "So that is what they have succee- ed in doing to you." She saw his eyes harden, his mouth tighten cruel- ly. "It's been all I could do to keep silent. I think yesterday I wanted to strike—to hurt Patricia or Jerry, had they been handy. And your mother. That's why I didn't turn up last eve- ning. After my thoughts of the day, I could never again enter her house until—until at least, you and I—"

He broke off and the hardness went out of his expression.

He said softly, irrelevantly, "They made a slave of you, Gaynor, but from now on you shall be a queen, and I, your slave."

"Would you all like tea now?" asked the dusky ambassador of the kitchen. "It's nearly fo' o'clock."

"My sainted aunt!" cried Alan and jumped up. "Here you are, old fellow. Now come along, Gay. We've got to hurry."

"Yes, Alan."

"Don't bother with your hair—just get your gloves and bag."

"Yes, Alan."

"I can't imagine what I was think- ing of—to have forgotten. Look out for that step!"

"Yes, Alan."

"We've just about time to make it."

"Make what, Alan?"

"Why, the municipal office before it closes."

She stopped, aghast. "Municipal office! Oh, Alan, I can't!"

They had reached the car. He caught her arm and almost threw her into it.

"Not only can, but are!" he said firmly. "You're not going back to that house even to say good-by. You can telephone from a drug store and buy a tooth-brush at the same time."

"Alan, I can't—I simply can't!"

"Shut up and kiss me. There! Now fix your hat—it's all over one eye."

Said Gaynor thrillingly: "Oh, Alan—for my slave, how you do order me about!"

He forgot to take the gear out of neutral. "Oh, Gaynor, my sweet—do I really? And after all I've said about Patricia and Jerry! Dearest, you must break me of the habit."

"Oh, no," said Gay softly. "I rather like it." She smiled tremulous- ly at him. "I reckon, Alan—it all depends on who does it."—Hearst's International Cosmopolitan.

WHY WE SHOULD EAT MORE POTATOES.

Since Count Rumford, a New Eng- land Yankee, soon after the close of the American Revolution taught the people of Bavaria to make potato soup, the potato has steadily grown in popularity in central European countries. During the Great War, the potato rendered the same service to Germany that corn did to this coun- try. The per capita production of potatoes in Germany before the War was twenty-four bushels, whereas in this country we produce for each in- habitant scarcely four bushels per annum.

In this country we have not yet begun to appreciate the value of the potato as an article of food. The Americans are essentially grain eat- ers. There are many reasons for this. The potato requires intensive cultivation and much hand labor, whereas cereals can be readily pro- duced in enormous quantities by the use of machinery alone. Cereals, particularly corn, wheat and oats have been extensively exploited by great manufacturing companies, and the American people, through the medium of magazine and newspaper advertising, have been educated in the use of cereals to such an extent that ready-to-eat foods prepared from wheat or corn have become the conventional staples of the Amer- ican breakfast and fill a large share of the space on grocers' shelves.

These breakfast foods have per- formed a most useful service for the American people by lessening the consumption of butcher's meat and replacing to a large extent the in- digestible fried dishes of various sorts which formerly constituted the Amer- ican breakfast, and have no doubt been a factor in the marked lower- ing of the American death rate which has occurred within the last few years. Nevertheless it must be admitted that while bread has for ages enjoyed its deserved reputation as the staff of life it is not altogether as commendable as a chief source of human nourishment. The profound studies of our nutrient needs which have been made in recent times by numerous eminent investigators, have shown that cereals possess cer- tain characteristic qualities which render their too free use not only undesirable but a possible source of serious systemic injury.

More than thirty years ago the eminent Swiss biochemist, Professor Bunge, called attention to the fact that because of the great excess of phosphoric acid in cereals, their free use tends to lessen the normal alkali- nity of the blood and tissue fluids, thus working great injury, for noth- ing is more important for good nutri- tion, resistance to disease, high efficiency, endurance and longevity, than the maintenance of a high standard of blood alkalinity. When the alkalinity is lowered by the over-accumulation of acids in the blood and tissue fluids, there is in- creased susceptibility to colds, to in- fluenza and to such maladies as pneu- monia and other grave acute diseases. The chance of recovery from an attack of infectious disease such as typhoid fever or influenza is greatly lessened when the blood alkali- nity is lowered. The chief reason for this is that the blood is our chief defense against the attacks of germs which give rise to infectious diseases. When the blood is invaded by these enemies of life and health, cer- tain of the blood cells, known as leukocytes, attack the bacteria and if successful destroy them. The fighting ability of the blood cells upon their defensive battle depends upon the state of the blood. When it is normally alkaline the leukocytes are highly active and pursue and de- stroy the invading bacteria with great vigor, but when the alkalinity of the blood is lowered by an exces- sive intake of unoxidizable acids such as the phosphoric acids found in great excess in wheat, corn and other cereals, the fighting power of the blood cells is diminished.

It is now believed by many eminent investigators that an excess of acids circulating in the blood tends to cause premature hardening of the arteries, or arteriosclerosis, and in this way encourages the development of Bright's disease and other degener- ative maladies. Although the preponderance of acids in cereals was pointed out many years ago by Bunge and other authorities, it is only within the last few years that their importance has come to be appreciated by students of human dietetics. This has led to an exhaustive study of foodstuffs with special reference to their alkali- nity and acid properties. The character of a food is shown by its ash. Food is body fuel and when burned in the body leaves a residue or ash the same as when burned in the ordinary way. The acids, or alkalies, which compose this residue, are chiefly eliminat- ed by the kidneys. When the ash contains a preponderance of acids, as in the case of cereals, the effect of the food is to increase alkali- nity and in so doing to increase en- durance and resistance to disease. The ash of the potato is more highly alkaline than that of most of our common foodstuffs, containing about ten times as much potash as does the ash of fine flour bread. This fact gives to the potato great im- portance as a dietetic means of maintaining the alkalinity of the blood and tissue fluids, which modern science has shown to be so important. A loss of alkalinity as great as the difference between ordinary pipe wa- ter and distilled water, will cause in- stant death.

It is not to be understood, of course, that cereal foods should be altogether avoided as unwholesome. They become injurious only when too freely used and made to consti- tute the major part of the diet, and especially when used in conjunction with meats or eggs. It is only nec- essary to bear in mind that cereals of all sorts are acidifying foods and to combine with them other foods in which the alkalies predominate.

Alkalies are found in large excess in the ash of fruits and vegetables of all sorts, but the potato is particu- larly rich in alkaline elements and hence is perhaps better suited than any other foodstuffs for neutralizing the excessive acidity of cereals. Milk is a neutral substance; hence the oatmeal, milk and potato diet of the Irishman is a well-balanced physiologic dietary, and it is doubtless to this fact that the Irish owe their great vitality and endurance and, particularly, their wonderful longev- ity, which exceeds that of any other European nation, with the excep- tion of the natives of Bulgaria, whose diet is very similar.

A bread and meat dietary, how- ever, as has been frequently pointed out by McCollum, and, as the writer has maintained for more than half a century, is most unwholesome. Bread supplies acids in excess, and steaks, chops and meats of all sorts, con- tain a still greater excess of acids. Many cases of Bright's disease give a history of liberal meat consump- tion and scanty use of vegetables are daily saying to their patients, "Cut out meats." Scientific and up- to-date doctors are beginning to add to the instruction to avoid meats, and fruits, and thousands of doctors "Eat more potatoes."

Another unphysiologic combina- tion is the common breakfast dish, poached egg on toast. Both eggs and bread are highly acid foods and their use tends to surcharge the blood and to burden the kidneys with superflu- ous work, since one important func- tion of these organs is to maintain the alkalinity of the blood at a prop- er level by removing any excess of acids.

Substituting the potato for bread we have in the alkaline tuber and eggs, a neutral combination, since the pronounced alkalinity of the po- tato will balance and neutralize the acidity of the egg. For a complete balance, one small potato is required for each egg. From the standpoint of palatability, the egg-potato com- bination is entirely satisfactory.

The effect of a diet upon the alkali- nity of the body fluids is readily shown by the urine. Acid foods in- crease the acidity of the urine while alkaline foods lower the acidity. The acidity of the urine is thus an indi- cator of the effect of a diet upon the tissue fluids. The urine of persons who subsists largely upon cereals and meat or eggs, is always highly acid. Not infrequently the urine of such a person will be found to be fifty times as acid as it ought to be, or even a hundred times more acid than normal. The labor of eliminat- ing this enormous excess of acid wears the kidneys out prematurely and undoubtedly shortens life, and greatly lessens efficiency. The writ- er has no doubt that this is one of the great causes of the steadily lessening maximum longevity in this country. Centenarians are rapidly disappearing. Potato-eating Ireland furnishes more examples of great longevity than any other European country except Hungary.

The writer has for many years advocated very strongly an increas- ed consumption of potatoes, replac- ing a part of the bread and other cereals which now enter so largely into the American bill of fare. The effort that is being made by the Po- tato Association of America to pro- mote the cultivation of this wonder- ful tuber, is highly commendable and will undoubtedly result in greatly improving the health and efficiency of the American people.

Old Gentleman—"What's the mat- ter, little boy, are you lost?" Little Boy—"Yes, I am. I might have known better'n to come out with grandma. She's always losin' sumthin'."

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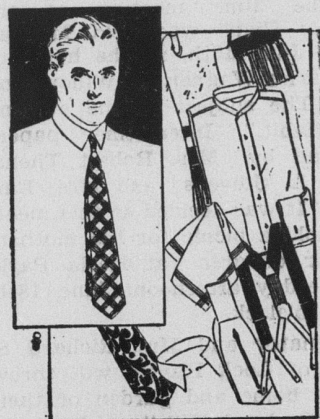
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