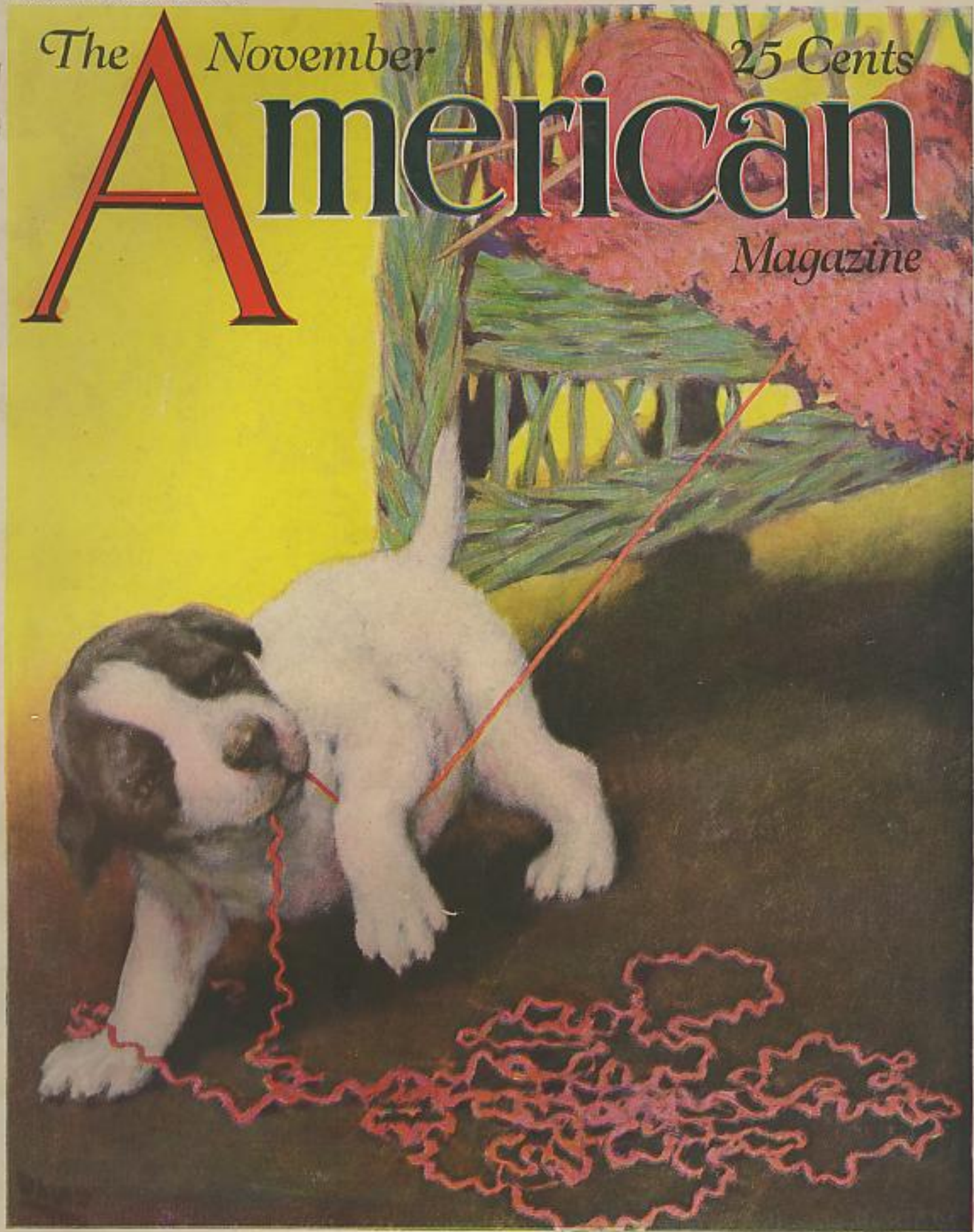


The November 25 Cents  
**American**  
Magazine



The Sporting Chance  
A New Serial

UNION SPRINGS N Y 111

# The American Magazine

November, 1925

MERLE CROWELL, *Editor*  
JAMES C. DERIEUX, *Managing Editor*

Vol. c

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# The Dinner Table Is No Place For Speed Or Endurance Records

Most people eat too rapidly, too much, and often the wrong kind of food—If you are worried or hurried, it's best not to eat at all—Beware of highly flavored dishes, of desserts after big meals, and of diet fads  
Other suggestions for preserving your health

By William S. Sadler, M. D.

**A** PATIENT once asked me if I would be willing to come out to his house, have a meal with his family, and criticize their eating habits from the standpoint of health.

"Doctor," this man said to me, "I think my family would get a lot of help from your practical suggestions if you saw us in action. I want you to see just how we eat and what we eat, and give us some practical advice right at the dinner table."

"My dear sir, that would be a great mistake," I told him. "Your intentions are good and I am going to help you; but to sit down at the table with you and criticize your diet would be about the worst thing imaginable, for, when you eat, that is the one time of all times when you should keep your mind off your stomach."

Then I went on to explain to this patient that not even a first-class stomach will do good work if it is spied on; that the first essential requirement of good digestion is that you keep your mind entirely off foods, eating, stomach, and digestion.

And so, while I don't want to give any readers of this magazine nervous indigestion, while I don't want to sit down, as it were, at mealtime with you and criticize your eating habits, and thus lead you to think about your stomach and in the end bring on a case of nervous dyspepsia, nevertheless, I think it will be of considerable help if, as you ride along in the train, or you sit around the family circle and read this magazine, I can discuss with you the common mistakes you make at mealtime.

I am not going to talk to you *at* mealtime, I am going to talk to you *about* mealtime, and I am going to talk very plainly and pointedly. I shall overlook the trifling mistakes, and call attention only to those that are most commonly made by the majority of Americans.

**FIRST** of all, it is a great mistake to sit down at the table to eat a big square meal when you are fatigued, when you are all tired out. It is equally a mistake to begin the meal when you are in a hurry. Hasty eating is always disastrous eating.

Many of you folks are always rushed, everlastingly in a hurry, and always have so much to do you just don't know how you are going to get through the day. So, when you get to the dining-room table you start in, under the pressure and tension of this constant feeling of being rushed, to shovel in the food and to gulp it down.

Now, this is a costly mistake. If you are nervous, irritable, and fatigued, eat lightly. The stomach is under a tremendous nervous influence when it comes to digesting food, and when you are worn out my advice is to take some simple, light food—liquid food—or a little fruit with a cracker, or a piece of bread and butter. Crackers and milk is a dish I often take when I am tired out. One or two glasses of hot milk is an excellent meal when you are fatigued.

**IT IS** far better to lie down and rest when you are tired out, and eat later—but, if you *must* eat, eat lightly. The average individual with nervous tendencies is in for trouble if he partakes of a big, full meal when suffering from weariness and fatigue. I have helped many sufferers from nervous indigestion by the plan of having them lie down and rest thirty minutes before eating, and for an hour after meals.

Once I helped to cure a neurotic woman of chronic indigestion by having her change her hearty meal from the evening to noontime. Her nerves were so fastidious that they usually overwhelmed her with fatigue along late in the afternoon, and she always sat down at the evening meal exhausted. I transferred her heavy meal to noontime, and had her eat lightly of liquid foods, fruits, and other simple dishes in the evening; within three weeks' time her chronic digestive troubles began to disappear.

No matter whether it is the chronic fatigue of brain fag and nervous exhaustion, or the transient, temporary fatigue of over-exertion, or other passing stress or strain, no matter what the source of this exhaustion, *don't eat heartily when you are fatigued.*

Before I take up your meal and discuss it in detail, I want to pay my respects to dietetic fads, to making a religion out of eating, to getting the conscience involved in your table habits.

A year or two ago there came to me a woman who was scarcely able to walk. She had been following dietetic fads for about five years. She had tried ten different systems of eating and dieting, and she was all but dead. She was one of those over-scrupulous, highly conscientious individuals who make a veritable religion out of any system of diet they espouse. When she didn't get well with one, instead of recognizing the source of her trouble and getting some common-sense advice

from a reputable physician in regard to her troubles, she would go in with her whole heart for a new system.

I had considerable difficulty in persuading her to go to bed and start in with milk and fruit juice, to get her strength built up a little. Gradually we added to her diet, until shortly she was able to eat like a horse.

One by one, as I brought in such foods as baked potatoes, roast beef, cabbage slaw, she would protest, and say that she never could take those foods; but, step by step, we convinced her that she could. In the course of fifteen weeks, she gained thirty-five pounds. Her digestion became thoroughly normal, and she was cured of *food fads*; I trust, cured for life.

Let me make it clear to you that when people are sick they often need a special diet; but well folks do not need special diet systems, or other sorts of faddish modes of living. They need to eat a normal amount of average good food, and then forget their digestion. Trust old Mother Nature to finish the job when you have once swallowed your meal.

Since I am dealing somewhat with the mind in relation to digestion, let me further suggest that you do not conduct the family discipline at mealtime.

I know of a well-meaning mother who is ruining the health of her family by correcting their faults and doing most of the family disciplining at the dining table. She has a large family, six children, and mealtime is about the only occasion when she has them all together. Then Mary's faults and Johnny's shortcomings are discussed. This bad practice is upsetting Father's digestion, because he is getting grouchy, and he is beginning to talk over his business troubles at mealtime. If this is not stopped, it is going to wreck the health and the happiness of the whole family. Three of the members are already troubled with nervous indigestion.

**WE FIRST** learned of the effect of a ruffled temper on the digestion by studying this thing in animals by means of the X-ray. Almost twenty years ago a physiologist told us that when a cat had been given a good meal and was allowed to curl up in front of the fireplace for a nap, the X-ray showed her stomach and bowal movements to be regular. But if someone pulled this cat's tail just enough to make her angry, the digestive process would be almost completely stopped. Then, unless the cat's fur was rubbed the right way, it

get her to singing and purring again, this suspension of digestive activity might last anywhere from ten minutes to half an hour.

We now know, from later experiments with man himself, that this same thing happens to us when we get into any sort of an unhappy mental state.

If you are going to have good digestion you must learn how to eat your food with cheerfulness and gladness of heart. Meal-time is the time for good cheer, laughter, and light-heartedness. The care-free conversation of children is fine for digestion. The atmosphere of the dining-room must be jovial, hopeful. Talk about your next vacation; tell your funny experiences at the table.

Recently, I had no end of trouble with a middle-aged patient who had long suffered from indigestion. At first I thought it was a case of nervous dyspepsia—but this patient was not neurotic and she did not seem to be self-centered. Finally I asked her to write down all the foods eaten at each meal; that is, after the meal was over, to enumerate the different articles of diet, and about what quantity had been eaten. I was amazed to find that on the average she was partaking of twelve different things at each meal.

She was cured of her digestive troubles in a few weeks after we limited her to three articles of diet at any one meal, and had her change these articles at each meal. The menus were made out so that she would have only three main articles of diet at one time, but would go for several days before having these same dishes again. She had variety from meal to meal, but not a great variety at any one meal.

**A**NOTHER of my patients, a well-to-do man of leisure, had been all over this country, dieting himself and consulting stomach specialists. After two or three weeks' study I made up my mind that this fellow would probably do all right on some simple sorts of foods. I put him for three weeks on a diet that consisted of crackers and milk, bread and butter, and soft-boiled eggs. His only variation was a little celery for bulk and some orange juice for vitamins. At the end of ten days his digestive troubles began to disappear, and at the end of three weeks he was gaining in weight and, with the exception of a little gas every few days that bothered him somewhat, he was free from his old stomach disorders.

Any other simple sort of diet would have worked just as well. The thing I am

driving at is this: A lot of people are suffering from indigestion as the result of a multiplicity of dishes. They taste a little of this and a little of that, and they don't seem to understand that it is difficult for old Mother Nature to secrete gastric juices that are capable of digesting so many different and diverse foods all at once.

This advice will interfere with ultra-

The stomach secretes a type of juice to fit every food. Experiments with a dog show that if he is accustomed to a diet of bread and milk, he will have indigestion if his food is suddenly changed to meat. One investigator found that it took twenty-one days to accustom a dog's stomach to a radical change in diet. There is a bread and milk type of gastric juice, and a meat type of gastric juice; and this is probably one of the reasons why we get into trouble with our stomachs when we eat fifteen different things at the same meal.

Now we come to the first course of your average dinner, the soup—and I approve of soup. Why? For two reasons: First, a liquid of this sort taken early in the meal favors the prompt secretion of good digestive juice on the part of the stomach; and, second, I believe it is a good plan to have soup because it helps to fill up the stomach and in this way aids in preventing over-eating. The common mistake made in eating soup is that it is swallowed too hot. It is not only injurious to the taste, to the tissues of the tongue and mouth, to swallow soup and other foods scalding hot, but it is injurious to the stomach.

**I** BELIEVE that over-hot food is really debilitating to the stomach, and there are some authorities who consider that eating of food so terribly hot serves to predispose certain types of persons to ulcers and even cancer of the stomach. Soup is more wholesome too, if it contains pieces of toasted bread or crumbled crackers, so that there is some inducement for mastication before it is swallowed.

Now, since I have criticized taking the soup too hot, let me also offer a word of caution about the big drink of ice-cold water you just gulped down. Now, mind you, I am not objecting to cold water, or cool milk; but the highly iced drinks are objectionable for the average individual. The temperature of the stomach must be up to a certain point in order that digestion may proceed, and when excessively cold drinks or cold desserts, as in the case of ice cream, are swallowed in

large gulps, they lower the temperature of the stomach and interfere, for the time being, with digestion.

If these ice-cold foods and drinks are taken they should be held in the mouth long enough to warm them up to some extent before they go into the stomach. In this way, ice cream can be rendered free from all objection. From the nervous standpoint there (Continued on page 214)

## If You Want To Be Healthy And Wealthy—Be Wise!

**I**N THE accompanying article, Doctor Sadler shows how most of those who suffer from stomach troubles have only themselves to blame. They lack wisdom and judgment on the all-important matter of what to eat, and how to eat it. "The following suggestions," he says, "may help you avoid indigestion, or may show you the way to health if you are already a chronic dyspeptic:

1. Keep your mind off your stomach while you are eating. Even the best-natured stomach resents being "spied on."

2. Don't try to eat a big meal when you are nervous, irritable, or tired out. It takes a tremendous amount of nervous energy to digest food.

3. Don't discipline the family at mealtime, or discuss anything unpleasant. Anger, worry, and other disagreeable emotions hinder digestion.

4. Don't eat a lot of different kinds of food at any one meal. Get your variety from meal to meal. Mother Nature provides a gastric juice for each kind of food, but she can't secrete one capable of digesting a great many diverse foods all at once.

5. Avoid taking extremes of heat or cold into the stomach. Scalding-hot food is injurious. Hold ice cream or other frozen food in the mouth until it melts. To cool the stomach abruptly retards digestion.

6. Don't put food in your stomach every time it feels empty. A glass of water will chase that "all-gone" feeling, without spoiling your appetite for the next meal.

7. Don't bolt your food. Careful chewing is not only good for the digestion, but it also induces relaxation and prevents overeating.

8. Avoid highly seasoned dishes. Remember that too much salt or sugar is dangerous.

9. Eat enough hard foods, such as toast, crackers, nuts, and the like, to exercise the gums.

10. Don't overeat. More people dig their graves with their teeth than are carried off by pneumonia. Overeating brings on the "age" diseases, such as heart failure and hardening of the arteries.

fashionable, many-coursed banquet types of dinners; but if you are sick and want to get well, take my advice and eat more simply. After doing that for a while, you will have such good digestion that now and then you can eat fifteen courses at a banquet without harming yourself. It isn't what we do now and then that causes stomach troubles; it is the things we do every day.

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# The Dinner Table is No Place for Speed or Endurance Records

(Continued from page 59)

are probably also objections to drinking a large amount of ice water on a very hot day.

Also I want to call your attention to the mistake of eating something every time you have a sensation or feeling of any sort in the region of the stomach, an empty or "all-gone" feeling. As a rule, it would be better for you to drink water at this time and not take food. One or two glasses of liquid at such a time will usually serve to allay the stomach sensation.

I think the practice of eating between meals is one of the causes of the spoiled appetite, upset digestion, and ruined health of many persons, especially the nervous type of individual.

Let the children, when they are five or six years of age, learn to have their regular three meals a day. Eating between meals takes the edge off the appetite, and when you do that you thereby directly diminish the strength and power of the digestive juices. Remember this: Appetite equals juice. If your appetite is good, ordinarily your digestion will be good, unless you are a very great dietetic transgressor of some sort.

HAVING touched upon the question of the time of eating, I am reminded to say something about the number of meals which should be eaten. Just a few days ago a reader of THE AMERICAN MAGAZINE wrote to me asking whether I advocated eating two, or three, meals a day. Now, I don't advocate any given number of meals as an exclusive practice. I eat one meal a day, or one meal and, say, a little fruit or a bowl of crackers and milk for lunch. On the majority of days I have this little lunch around ten o'clock in the morning, and then I eat an ordinary, average, good-sized dinner in the evening at six-thirty.

But I think this would be a very unhealthful practice for the majority of my readers to follow, and this is just as good a time as any to point out how health fads originate. Some doctor, we will say, has gout, and suffers from indigestion. He is not very hungry in the morning, so he decides to do without his breakfast, and lo and behold, his gout gets better and his indigestion disappears. Then he advises everybody to do without breakfast.

That is the wrong reaction to such an experience. Just because I do well on one meal, or one meal and a quarter, a day, is no reason for me to write a book and advise all the people of this country to eat one meal a day. I have lived that way for about twenty-five years. I know it agrees with me. I like it. It is convenient. It seems to be a regular health practice for me; but I repeat, I warn you, that it would not turn out that way for nine out of ten of my readers.

My observation over a quarter of a century on this question of the number of meals a day, is this: I think about half of the people do far better on three meals a day than they do on two. I think the other half do, or would do, better on two

meals a day than on three. That half is the sedentary, already over-nourished type, and especially those who are not hungry in the morning.

You must work out for yourself the number of meals you need. Do a little intelligent experimenting, and find out what is the best rule for you.

It is all right to get your health principles from doctors, but you must learn to make your own health rules.

You know, we doctors get over-enthusiastic sometimes, and have been known to go to extremes. The layman must learn to use his own common sense. Let doctors teach you health principles, but make your own real health regulations.

NOW, the majority of us not only indulge in a spirit of haste and tension during mealtime, but we also fail to chew our food sufficiently. I believe in chewing food fairly thoroughly, but not in over-masticating; it isn't necessary. To all practical purposes just good, common, everyday mastication is sufficient. One of the best things about good chewing is that it prevents over-eating.

Some time ago I had a man who complained that all the instructions he had received and all the diets he had been given had failed to help him much. I studied his case, and suspected that he was always rushed and hurried at his meals, and so I prescribed forty-five minutes as the length of his meal hour.

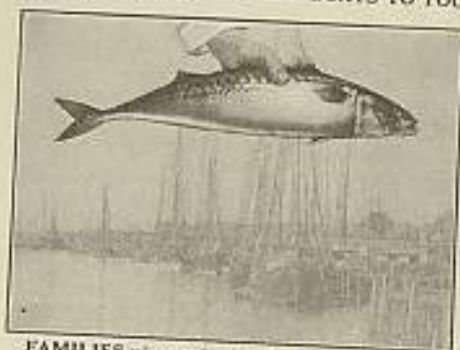
After he had gone about his eating more leisurely, not only more thoroughly masticating his food, but more leisurely eating the whole meal, his stomach troubles began to disappear. It is not just the idea of thoroughly chewing the food, but it is the leisure, the relaxation, the letting go of one's self at mealtime, that is valuable.

I think that the one great dietetic sin of the average American is over-eating. Of course I know there is a small minority who under-eat. They are sick, anemic, and in some way below normal, and I don't want some such emaciated, skinny individual to read this article and then go on a ten-day fast. That would be just my luck—to write this article to get a lot of you folks who are over-weight to quit eating so much, and then, while you were laughing and getting fat, some cadaverous individual takes what I have written too seriously, and goes on a fast, all of which results in still further reduction of weight! You folks that need it, follow this advice. I am talking now to persons who weigh too much, who habitually eat too much. You are digging your graves with your teeth. You are laying the foundation for kidney trouble, high blood pressure, arterio-sclerosis, and other ills, later on in life, to say nothing about headaches and temperamental sluggishness now.

There are two great reasons, outside of self-control, for this habitual over-eating. One is under-chewing, and the other is over-seasoning. The more highly we

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season our foods and doctor them up, the more they tempt the palate, the more we are likely to over-eat. The average individual sits down, puts his feet under the table, and shovels the food in until the pain at the waist line is greater than the taste pleasures of the mouth. It is unfortunately too true that the majority of people eat until they are full, and, as a rule, that means too much food. They have taken on a tremendous load of excess baggage, which not only overworks the digestive machinery but overworks the eliminative mechanism.

One of the great reasons why many sedentary persons have to take so much exercise is in order to work off the excess food they are constantly eating. Many persons would do well on a very moderate amount of physical exercise, if they ate the right amount of food every day.

The habit of eating three square or large meals a day is killing just as many people in this country as a disease like pneumonia; and is doing just as much harm as some of our regrettable drug habits, such as smoking and drinking.

In fact, it is the three square meals, the over-eating, that not only predisposes us to pneumonia, but also greatly lessens our chance of recovery if we do get it. Over-eating has a lot to do with these so-called old-age diseases also, like heart failure, and hardened arteries, which are annually carrying off so many people years before they should go. Over-eating is a biologic sin, no matter how good the foods that are over-eaten.

More than a year ago a patient came to me complaining of a dull headache, blood pressure up considerably above normal, general sluggish reaction. He didn't like his work, didn't sleep well, and had vague wandering pains after the order of muscular rheumatism in different parts of the body. He complained of bad taste in the mouth in the morning. A thorough study of this man revealed but two things wrong: over-eating and under-drinking; that is, under-drinking of water.

This man was put on two meals a day, his daily intake of food was cut almost in half; and he was made to drink water regularly throughout the day. In a short time, one by one his disagreeable symptoms began to clear up. He later made such a complete recovery that his own family scarcely realized he was the same man, so changed was his disposition, and his general mental and physical behavior.

*Tens of thousands of people in this country are sick, grouchy, depressed, and discouraged, because of this constant overload they are carrying in their systems as the result of habitual over-eating.*

**SEASONING** and condiments must be considered in the discussion of your table habits. Many of you folks have developed an abnormal taste for fried foods. You know, any kind of a cook can fry food. You don't have to be much of a culinary artist to throw things into grease, and then fish them out and serve them on the table.

But pies, cakes, desserts, and other foods that are too rich in fat are hard on the digestion. I don't mean by this that griddle cakes and doughnuts have got to be left out of your diet. If you have an average good stomach, don't be afraid of either doughnuts or sauerkraut. You will

handle them all right if you masticate them reasonably well.

One of the commonest mistakes in seasoning is the tendency to put more and more salt on your food as you grow older. Look out for this. A small amount of salt will not do any harm, but when we have kidney trouble one of the first things we have to do is to take the salt out of food, and then our patients begin to get better.

There certainly can be no objection to having food tastily flavored and skillfully prepared. A little cinnamon and nutmeg here and there will not do any harm; but some people have formed the unfortunate habit of covering everything they eat not only with pepper, but with mustard, horseradish, and other fiery sauces, which are certainly harmful to the digestion when they are used daily. And again, let me repeat, this over-seasoning leads to over-eating.

Learn to like the various wholesome salad dressings that are prepared, and instead of so much vinegar, especially in the case of children, use more lemon juice. In general, it will be well to go slow on the foods that are "hot when they are cold."

**AND** now for the question of eating too much meat. Meat is a food high in protein, and protein is a substance very important for furnishing the body with building material. But when it is eaten in excess, it cannot be stored in the body like starches, sugars, and fats. Proteins are not burned up into simple substances like water and carbon-dioxid gas. Proteins will become, as it were, cinders and clinkers, which must be overhauled by the liver and finally eliminated by the kidneys. Nothing serious is likely to happen if you eat too much bread or potatoes, or if you partake of a little excess of sugar or butter; but when you eat too much lean meat, white of eggs, fish, or baked beans, you are taking on excess protein that may make trouble.

Certainly it is unwise to eat two or three of these protein articles of diet at the same meal. It is safer to take meat or the meat substitutes only one at a time: eggs at one meal and meat at another. In fact, I think that most sedentary people will be very wise to eat very lightly of protein every other day. Have your meat, eggs, fish, or baked beans, one day, and then the next day let your foods run very light in protein. Eat more of cereals, fruits, and vegetables, together with nuts.

I know you have been expecting me to say something about tea and coffee, and I don't propose to dodge my duty in this respect. I know just as well as you do that thousands of persons use these beverages in moderation, and apparently are not harmed by the practice. I know equally well, as a physician, that tea and coffee, like tobacco and alcohol, whether or not they do any harm, at least do no good. That is, if they are habitually and excessively used. I think coffee is a wonderful and almost harmless stimulant, to be used now and then in time of stress and strain, or when it is necessary to keep awake or to engage in some unusual mental feat. Of all the drugs that could be used under such circumstances, I think coffee is the most effective and the least

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harmful; but it is of little or no value in such emergencies, if it is used constantly.

The person who drinks more than one or two cups of coffee a day, or drinks it very strong, is likely to suffer harmful effects. And if coffee or tea is doing you harm, you can learn to substitute milk or, still better, buttermilk, if you really want to.

In all these matters I want to be entirely fair in what I say, and I want, as far as I know how, to avoid advocating any extreme position. But on the question of alcoholic beverages, while recognizing their transient and beneficial effects in many cases of indigestion, I do not purpose to compromise. I am against the use of alcohol. It is not a food. It is a poison.

**I NOTICE** that some of you, when you sit down to the table, start in to oversweeten everything you eat. Sugar is a good food if not taken in too concentrated a form, and if not taken in too large quantities. It is highly nutritious. It comes next to butter in nutritive values; but some of you are over-cultivating your sweet tooth, and you are making a grave mistake; you are not merely jeopardizing yourself by increasing the tendency to diabetes, but you are over-working your liver, and you are adding to your obese tendencies, if you are already over-weight.

Particularly should the question of candy be settled as far as the children and the younger members of the family are concerned. I used to make it a practice to have hard candy on the table, so that the young folks could eat it as they would a dessert, or take a piece away to suck after mealtime. It is certainly an unfortunate mistake to give candy to children between meals, more particularly the soft candy, like chocolate creams, which they can munch down a pound at a time. This not only ruins the appetite for the meal that is to follow, but it deranges the digestion, and is a highly unwholesome practice.

Give the children pure hard candies in connection with a meal, or just following a meal. In this way the eating of candy occasionally is free from objection.

The question of preserves is another one to be considered. We must remember that "anything that braces a food against decay braces it against digestion," but if you have a healthy stomach and if you masticate them fairly well, you can get away with pickles on the one hand, and preserves on the other. Don't have them at every meal. Of course this is not true of the more simple jellies, which are fairly easy of digestion, and when eaten in moderation, as on bread and butter, are quite free from objection.

In the course of this article I have watched you (in my mind) eat the whole meal, and I notice that you have had very little of food that was hard. Everything you have eaten was soft and mushy, from the soup you started in with, down through the mashed potatoes and to the dessert of pie or cake. No hard breads, nothing hard to chew, except a few nuts. Now, this is not good for the digestion, neither is it good for the gums.

I think sometimes one of the greatest advantages of brushing the teeth with the tooth brush is the exercise it gives the gums. It makes them healthy, makes up for the lack of hard foods. You know that

if we feed a cow on distillery slop, her teeth will soon drop out. It is a mistake to prepare our foods so that nothing is left to chew. That is one of the mistakes commonly made at meals, the mistake of having nothing hard to chew. This is the advantage of having roast, hard crackers, and other solid foods like nuts, necessitating mastication.

I do not mean by this to say that we should not use liquids at mealtime. We know now that drinking at meals, in the case of the healthy stomach, is practically free from objection. One or two glasses of liquid taken at mealtime do not interfere with the stomach's work. True, patients with slow digestions do not do so well on liquids at meals. On the other hand, those with quick digestions and too much acid are sometimes benefited by these liquids.

And now, we come to desserts. As a rule, the desserts are out in the kitchen or on the buffet during the meal, where we don't see them and don't know they are coming. There is almost half a square meal, so far as calories are concerned, in the dessert which you consume after you have already finished your meal.

How much better it would be, in most cases, if instead of these desserts we had on the table, or near by, so that they could be seen and the family would know that they were coming, fruit with the vitamins and their tendency to prevent constipation, instead of these over-nourishing, highly seasoned, constipating desserts. I really think this whole dessert habit is one of the curses of our present generation.

**BEFORE** I get through, let me say a word to the folks who must have a bite before they go to bed. Remember that it is not the late hour that causes all the trouble; it is excess of nutriment. In short, sleep does not interfere with digestion, although digestion does sometimes disturb the sleep!

I want to say a word also in this connection about raw foods, the raw food fad. Now, I am a great believer in having something raw with each meal—a fruit, a vegetable, fresh milk; but raw food, as a fad, is not scientific. Cook-stove energy is much cheaper than vital energy, especially in the winter time. The starches and cereals are much improved by cooking, and it is necessary to cook meats in order to avoid the danger of infection from the parasites.

In a former article I emphasized the importance of balancing our diet, as between the acid and alkaline ash formers, and I want to remind the reader here that meat, eggs, and cereals are acid-forming foods. That doesn't mean that they are not good foods; but we should take care, especially if we are sedentary, not to over-eat in these articles. On the other hand, the dairy products, milk and all its derivatives, together with vegetables, fruits, and nuts are alkaline ash formers.

In paying my last respects to certain prevalent ideas, I want you to remember that fish is not a brain food; that meat-eating does not cause rheumatism, that tomatoes do not cause cancer. And, while getting straight on dietetic matters, let us see to it that we raise our children free from food fads and food fears.