

Science Notes

BY WILLIAM G. HAYNES.

GELATIN AS A FOOD

The earlier view of gelatin, which regarded it as far more nutritious than meat, was later followed by a reaction, in which it was thought to have no food-value at all. According to high authority, jelly made with gelatin, or soup thickened with it, has absolutely no nutritive value. Writing in Die Umschau, Ernst Homberger tells us that the truth lies between these extreme views, and that gelatin is a really valuable food. Gelatin, or refined animal glue, is extracted from bones by boiling. It was first produced by Papin in 1681, and just after the French Revolution it was so highly considered that some authorities asserted that the food-value of a substance could be measured by the amount of gelatin that it contained. In 1814 it was indorsed by the Paris Academy of Medicine, and later it was a common food in hospitals, but later experiments tended to rob it of its reputation. According to Mr. Homberger, these were inconclusive. We quote a translation of his article made for The Scientific American Supplement (New York, March 11). He writes:

"Scientific investigations such as were carried on by Donne failed because people did not know at that time exactly how questions of this sort should be decided.

"This fault must also be laid at the door of the second commission which under Magendie experimented with gelatin on dogs. The chief fault of the commission was that it thought a substance refused by an animal because of its taste could not have food-value, and, further, that it did not prescribe the quantity to be consumed by the animal. The commission observed insufficient nourishment; and this held not only with the rations of gelatin, but also when bread and meat were added. The commission set dry gelatin before the dogs, which they naturally refused to eat. Moreover, these creatures were kept in cages in a cellar. It was, therefore, no wonder that the experiments of the second gelatin commission were wholly negative in their results and that the commission ascribed no value to gelatin as a food-product."

Later experiments show that gelatin is dissolved with a nourishing fluid as it goes through the cells, and really dissolves more easily than albumen, which keeps it somewhat from solution. Gelatin saves albumen to a much greater extent than fat and carbohydrates; but it is never possible to safeguard the body from all loss of albumen; some nitrogen is always consumed, and therefore: small quantity of albumen must always be added in order to maintain the proper amount in the body. Moreover, by supplying gelatin, somewhat less fat is consumed. To quote further:

"According to Munk, the importance of gelatin consists in this, that it is dissolved very quickly and completely in the cells, and by its solution saves the albumen from solution. This quality of saving the albumen is an exceedingly important one, and at least twice as great as that of carbohydrates and fats. One hundred grams of dried gelatin take the place of 31 grams of albumen (150 grams of meat). Moreover, the consumption of fat is reduced by gelatin. Five-sixths of the albumen used can be

replaced by gelatin. Accordingly, gelatin represents a very valuable food-product, which becomes of greatest importance where used for the economy of albumen.

"It is, therefore, desirable that the value of gelatin as a food for the common people should be more and more recognized. If, besides gelatin, a certain amount of albumen is supplied to the body, and a certain amount of fats and carbohydrates to prevent the loss of fat, the normal condition of the body can be maintained. Because of its albumen-economy and fat-saving effects, and the ease with which it is digested, two men, Senator and Uffelmann, regard it as a valuable addition to fever-diet. With the low appetite of sick people and the distaste for meat one can protect the body against loss of albumen by supplying gelatin.—Literary Digest.

ALL-NATIONS COME TO OMAHA SATURDAY

Big doings are carded for Omaha Saturday and Sunday. On that day the Brandeis semi-pro team of this city will tangle with the famous All-Nations ball team at Rourke Park for a duo of combats.

The All-Nations are coming to Omaha this year with an aggregation said to be vastly superior to those teams which have exhibited in Omaha heretofore, Donaldson and Mendez, the Negro and Cuban hurlers, remain with the team, but the other departments have been strengthened. Coleman, a Negro catcher, is receiving for Donaldson and Mendez has another Cuban, Hernandez, for a running mate.

De Lorne, a Haskell Indian, is with the team and another Indian, Crow by name, holds down third.

The Brandeis boys have shown great form in their games to date and expect to give the All-Nations a warm reception.

LETTERS FROM OUR READERS.

Portland, Ore., May 6, 1916.
Editor Monitor,
Omaha, Neb.

Dear Sir: Permit me to say through the columns of your most valuable paper that in my perusal of said paper and its contents that I consider it a crisp clean and breezy sheet, in its editorial and general news for the advancement and improvement of the race. I bid it god-speed and may it ever exist until it has reached the zenith of its ambition in the foremost ranks of the journalistic field.

J. William Shields.

Contributions From Nebraska for The Booker T. Washington Memorial Fund:

Our race over the United States are contributing to the Booker T. Washington Memorial Fund. The fund is placed at \$2,000,000 for the endowment of Tuskegee Institute. The Colored people are asked to give \$250,000 towards this fund. The Monitor will receive and forward subscriptions.

The Monitor.....\$1.00
Israel M. Gershater......25

A well-attended meeting of the congregation of the Church of St. Philip the Deacon was held in the Guild Room Wednesday night. The reports read showed a most successful year of work. The sentiment of those present was unanimous for taking measures for assuming entire self-support.

CLASSIFIED ADVERTISING

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A COLUMBIA CO-ED.

New York, May 12.—Miss Bernice Porter, B. S., Wilberforce University, and known throughout the country as an able short story writer, is taking a course in journalism at Columbia University.

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