

Science Notes

BY WILLIAM G. HAYNES.

WHAT TO EAT IN SUMMER

By Edwin F. Bowers, M. D.
Author of "Side-Stepping Ill Health," etc.

As the warm weather comes on, you expect your gas charges to go down and your coal bill to dwindle to the vanishing point. Not every one realizes that there ought to be corresponding saving in his body fuel during the hot months—that sitting down to a dinner of roast pork, baked beans, and mince pie on a July day when the thermometer registers 99 degrees in the shade is just as foolish as proceeding as it would be to stoke up the furnace on that day with a roaring fire.

The longing for fruit and acids in the summer, and the lack of appetite for heavy roasts, fats, starches, and sugars, constitute a definite index of a normal dietary during this period.

Dates, figs, raisins, prunes, grapes, plums, peaches, pears, melons, cherries—in fact, most varieties of fruits and berries—are wholesome and nutritious, and are particularly valuable for women and children, and those who do not exercise much.

It might be well to remember also that fruit which is packed in clean air- and dust-tight receptacles is far less likely to "spoil" when it reaches the stomach, than is loose fruit, which has industriously collected all the spare dust and germs in its neighborhood. Perhaps the "goods" are a trifle less expensive, purchased in bulk, than they are when bought in clean, sanitary packages; but their use is much more likely to be followed by a hurry call for the family physician.

And while it may be by poet's license that "an apple a day keeps the doctor away," yet it can not be denied that it may materially help.

For apples contain soda, potash, magnesia, and phosphorus—indispensable food elements. The natural acid is also helpful to the gums, teeth, stomach, and intestines. A sweet, pulpy, ripe apple is usually digested without trouble.

Nutrition in Fruits and Berries

Fruit and berries have also a very high nutritive value. They are real foods, not merely "fillers." Apples, peaches, apricots and pears, and strawberries, cherries, raspberries, gooseberries, and currants, are particularly rich. It would be very difficult to starve with plenty of these available.

Perhaps, however, pineapple juice is the most wholesome of all fruit products. It has digestive properties of a high order—in fact, there are several digestants on the market, the base of which is extract of pineapple. Pineapple seems also to set up a healthy action in the mucous membrane of the throat and stomach.

Raw fruit juices (in combination with the sugar the fruit contains) often relieve a craving for alcohol. In fact, a very successful recent method of treating alcoholism is to give an alcoholic an apple every time he wants a drink. If he will eat the apple almost invariably he'll lose his "hankering" for the drink.

There are many people, however, who can not eat raw fruit without suffering great discomfort. These people should invariably stew or otherwise cook all fruit.

IS GRADUATE BAND MASTER

New York, June 24.—Sergt. Dorcy T. Rhodes, of the famous Tenth Cavalry, which is now stationed at Fort Huachuca, Ariz., was a member of the graduating class in the military band department of the Institute of Musical Art, New York City, class 1916, having finished the two years course with high honors. Sergeant Rhodes is the second representative from the Tenth to graduate from this institution, Chief Musician Alfred J. Thomas, of the Tenth Cavalry Band, having graduated in 1914.

The Institute of Musical Art offered scholarships to the five highest qualified musicians of the United States army, the recipients to be selected by competitive examination, open to all. Sergeant Rhodes took this examination in September, 1914, and won a scholarship, being immediately sent to the military band department of the Institute of Musical Art, at Fort Jay, Governor's Island. At the graduation exercises he was one of the members of the class taking part in the program, and was awarded the bandmaster's degree.

Sergeant Rhodes entered the army in 1905 and has served in the Ninth Cavalry, Twenty-fourth Infantry and Tenth Cavalry.

YOUNG WOMAN WINS PRIZE

New York, N. Y., June 24.—Miss Olga C. Scott, 676 East 180th street, in a fashion contest recently conducted by the Ladies' Home Journal, Philadelphia, submitted a linen outfit suit designed and constructed by herself. For this suit she was awarded the fourth prize, \$10, and she is in receipt of the following letter from Henry T. Farrar, fashion editor of that journal:

"Dear Madam—I am very much pleased to write that your linen outfit suit has been awarded the fourth prize of ten dollars, and a check for this amount will be forwarded to you shortly. I want to congratulate you on the attractive dress you made for the small amount of money spent."

An illustration of the dress will appear in the August number of the Ladies Home Journal.

WHITE MAN NAMED AS RECORDER OF DEEDS

Washington, D. C., June 24.—John F. Costello, a white democrat, national committeeman for the District of Columbia, was named on June 8 by President Wilson as recorder of deeds for the District of Columbia to succeed Henry Lincoln Johnson, who resigned two years ago.

This is the first time in more than twenty years that a white man has been appointed to this position.

CURTIS EMPLOYEES ORGANIZE

Philadelphia, June 24.—The two hundred and fifty Colored employees of the Curtis Publishing company recently organized a Booker T. Washington club, the objects of which are to promote sociability, morality, industry and religion.

This company publishes The Ladies Home Journal, Saturday Evening Post and other popular and high class publications.

A BUST OF WASHINGTON UNVEILED AT TOPEKA

A bust of Booker T. Washington was unveiled at the recent commencement of the Topeka Industrial Institute. The address was delivered by Rev. Robert E. Ford, of Jacksonville, Fla., and it was one of the finest tributes ever paid to the worth and work of Dr. Washington.

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