

# DIET AND HEALTH

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## INFANT FEEDING.

The effects of wrong feeding in adult life, including those of alcoholism and other forms of intemperance, are undoubtedly hereditary whether the habits of alcoholism, tobacco and unnatural eating are transmissible or not. We know that the vitality of the infant is determined by the vitality of the parents—though not altogether by the average vitality—and the powers of nutrition are the fundamental powers transmitted to offspring.

We may not always be able to trace family history in eyes and lungs, but we can always find it in stomach and liver and intestines.

The food of the young dog, horse, cow, ape and human, in common with all other mammalia, is milk. The natural food of the mature dog is flesh; that of the others is vegetable. The digestive systems of the ape and man resemble, slightly, that of the dog; not, I think, as some argue, because their natural food is largely flesh, but because nuts closely resemble flesh, chemically. The gorilla has "canine" teeth, but it is a strict vegetarian. The bear's "canine" teeth are his means of defense.

Albumen, the chief constituent of flesh, is digested chiefly in the stomach by the action of the gastric fluid. Accordingly, the intestine of the dog is short in proportion, the stomach being 60 per cent. of the entire digestive tract. The cow's stomach is very complicated; she has, in fact, four stomachs. This is because her natural food requires much dilution with saliva and rumination before it can be passed on to the intestine, not that protein is the chief element of the cow's food, as in the dog.

Now the stomach of the cow plays a much more important part, relatively to the intestinal digestion, than in man. Cow's milk is, chemically and mechanically, adapted to this physiological difference. It does not as soon break up into small curds, and is, therefore, retained longer in the calf's stomach. This peculiarity partly explains the difficulty of digesting cow's milk and should be considered in any attempt to modify cow's milk so as to adapt it to infant feeding.

We know that the health of the infant, its nervous moods, its physical health and temper in general, are influenced by those of the mother, through the food. This alone would indicate the impossibility of perfect adaptation of cow's milk to infant feeding! At best it is unnatural, but as it is in many cases necessary, partly or entirely, we must make the most of it. An imperfectly nourished child is more liable to diseases of childhood and survives with greater difficulty. Food is not, of course, the only requirement for health, but it is fundamental.

In cases in which cow's milk must be used, care should be taken to see that the cow is healthy, unless herd milk is used, that no preservative is used, that the bottles and other vessels with which it comes in contact are washed well with boiling water, never with river or cistern water, that it is not unnecessarily exposed to dust or barnyard contamination, for milk absorbs bacteria as a sponge absorbs water and they develop very rapidly. The feeding bottle should be thorough-

ly washed in boiling water after and before using. It is best to have two, the one not in use kept immersed in a solution of common baking soda.

Cow's milk can not be made identical with the infant's natural food; but it can be approximated to it. The chief difficulty to be overcome is to modify the large curds of cow's milk that tend to remain in the stomach longer than they should, as the development of the calf's stomach requires that its food shall have a much heavier curd than that required by the infant, in which intestinal digestion is more important. The use of lactic tablets, as explained in my last article, entirely obviates this difficulty besides overcoming other objections, to the use of cow's milk.

To reduce the proportion of the elements in cow's milk to approximately the standard of human milk, pour off about half of the fat that settles to the top of the bottle; add as much water as the whole amount of milk and a tablespoonful of sugar. Milk sugar is to be preferred to cane sugar, always objectionable. The addition of a little lime water is, in many cases, beneficial.

As a rule infants, like adults are overfed. No doubt one of the reasons for the greater endurance and freedom from disease of wild animals is the fact that the young are less likely to be overfed, as every naturalist knows. An infant probably would starve in one-tenth the time that an adult can subsist without food, but eating too often and too much becomes a habit with the infant as with the adult. An infant may cry for food when it is food drunk; what it may need is water. And children cry for other reasons than because they are hungry. Stopping an infant's cry continually with food is easy but unwise.

Nature provides an extremely light diet for the first few days of infancy. Let us not supersede her method till we know better.

Once every two hours is often enough for the first month and every third hour thereafter. If there is a real demand between the periods, sweetened water should be given (distilled or boiled water and milk sugar). Constant overfeeding causes an abnormal appetite, as in the adult, that is never satisfied.

No definite rule can be laid down as to the amount required. The best that has been suggested is, an ounce for each month, beginning with two ounces, increasing to eight ounces at eight months, after which full milk will be used. Moderate, judicious exercise now becomes important. A child needs exercise before it can walk. The freer its opportunities for movement the better.

The infant digestive system is not adapted to cereal food, always a cause of more or less digestive difficulty and expenditure of vitality, even in the adult. Under no circumstances should white bread, moistened with tea, coffee, milk or gravy be given to an infant.

There are many infant foods on the market, composed of cereals or of cereals with milk, malted. In cases of milk poisoning, or of serious digestive disorder resulting from unbalanced feeding, due to the inadaptability of cow's milk, something must be substituted for the milk, but it does not follow that because a child improves on the substitution of one of these prepared cereals it is better as a permanent diet. It is also well to keep in mind that a child is not healthy merely because it is fat. It may be failing to develop the digestive system normally. It may become so "fatty" that it will fall a prey to disease when the fatty degeneration has reached its limit and the conditions are favorable for disease.

The common practice, when cow's milk disagrees, is to adapt the milk by mixing it with oatmeal or barley water. This cereal tends to break up the coarse curd of cow's milk, but it is in itself unsuitable, though the remedy is better than the disease; the prepared foods are better as the cereal in them is malted.

Cereal foods are digested with difficulty by the adult and should not be given freely to children. Coarse bread, never less than two days old, is preferable to fine white bread which a child should never be given fresh.

At the age of one year a very small quantity of pulverized fresh peanut may be taken, at noon, in water, forming a peanut cream, and the amount very gradually increased till at two it forms half the diet. A small piece of zwiebach may now be added to the evening meal and very gradually increased till it becomes one-half, by weight, of the evening meal, when both should be continued.

At three, the regular diet of childhood should be fully established. At seven in the morning a drink of water with lemon juice and only enough sugar to make it acceptable; at eight, apple, cantaloupe, ripe banana or other fruit; nothing else, unless water is called for. At ten as much artificial buttermilk as can be taken; at noon a slice or more of whole wheat or combination cereal bread with pulverized peanut. If the child is really hungry and healthy he will eat this with good relish.

At three give the modified milk. At six zwiebach with honey or, if preferred, prunes only. Give water as often as called for between meals, but nothing else.

Let the solicitous parent be fully assured that this diet will develop the highest qualities of body and mind and that sickness will be avoided, if the child is properly aired, watered, exercised and amused and protected from stagnated, foul air, bad water and sudden changes of temperature or too much clothing in warm weather.

The goat is the healthiest of all animals, always free from tuberculosis. Its milk is in every respect superior to cow's as a substitute in infant feeding, and it ought to be adopted for general use, there being no reasonable objection but lack of knowledge of the facts.

It is a poor goat that will not give from one to four quarts of milk a day, and it costs no more to feed than a dog, where there is a fair-sized back yard.

Tests show that goat's milk approximates to the natural infant's food more closely than does cow's milk. Digestive tests indicate it to be three times more digestible, the curds being much finer and the fat far more soluble.

Absolute cleanliness and freedom from disease is, however, the chief recommendation of goat's milk.

"Go to the hills and drink goat's milk," was the prescription of Hippocrates, the father of medicine, for tuberculosis. We are making the search for a cure for "the great white plague" a serious matter, as it should be, but the true cure is at least fully suggested in the method of the Greek physician.

Dr. Koch, the eminent discoverer of the tuberculosis germ, says the bovine and the human germ are not the same. However this may be, milk from a tuberculous animal is unwholesome; it may furnish a medium for the culture of tuberculosis. A case is on record in which a farmer, prohibited from selling the milk of an infected herd, fed it to his hogs and they were infected.

Now comparative anatomy and physiology and evolution attest that the nutritive system of the pig closely resembles man's.

It is chiefly because of the superior healthfulness, in general, of the goat, and its immunity from tuberculosis in particular, that I have advocated the substitution of goat's for cow's milk in infant feeding.

**Taught First Aid to Injured.**  
More than 25,000 employees of the Pennsylvania railroad have been instructed in first aid to the injured at the company's expense.

**Book Made of Marble.**  
At the Strozzi palace in Rome there is a book made of marble, the leaves being of marvelous thinness.

**He Wasn't a Friend.**

The editor's private stenographer was pretty and it became an advertised fact around the office that reporters and others had more business during her service with the editor than under the regimes of former stenographers in that office.

One day last week the assistant city editor went into the editor's room to see the editor. Outside the window was a painter, who, in order to get in a more advantageous position, hung by his hands to the top of the window frame, and was in this position when the assistant city editor entered the room.

The assistant city editor looked up at the suspended figure and said, laughingly: "Friend of your, Miss Blank?" "No; he's only a hanger-on!"

**Important to Bachelors.**  
Celibacy does not pay. A good marriage is the supreme human felicity; a tolerable marriage is as much as the tolerable majority of people deserve; but even a bad marriage is better than no marriage at all.—Book-fellow.

phone on the city editor's desk began to ring: "Of course, you'll start a fund for that man, put me down for \$10." Well, money poured in without any begging for it, and in less than three weeks the amount was raised and the identical cottage bought. There was no "scheme" or graft about this. The public heart just opened to the old man and his good wife. I saw them when they came to the newspaper office to thank the paper, and it was better than a sermon.

## POSSESSOR OF GREAT FORTUNE



Mrs. Marshall Field, Jr., who recently married Baldwin Drummond, a handsome young Englishman, but without title, official position or wealth. The news of the wedding was a great surprise both in this country and abroad, where it was confidently expected that she would marry either a duke, an earl, or some nobleman of high rank. Mrs. Drummond was the widow of Marshall Field, the only son of the famous Chicago merchant.

## "LEAGUE OF DEATH"

### SERVIAN WOMEN VOW TO FIGHT FOR LIBERTY.

#### Corps of Amazons Ready and Willing to Yield Lives in Defense of Their Country and Their Homes.

Belgrade.—To such a high pitch has the patriotic feeling among the Servians risen that a corps of women, each member of which is bound by solemn vows to fight for death or liberty, is now engaged daily in drilling and other military operations at Kragevatz, the ancient capital of this country.

This corps of amazons is part of the newly-formed "League of Death," founded at Kragevatz, in the province of Shoomadya, this league is worthy of the old city's ancient traditions. Kragevatz is known as "the heart of Servia," and is the center of the intense patriotic movement.

Each member of the league wears a badge of the national colors—red, blue and white—surmounted by a metal skull and crossbones, and bearing the motto: "To Death for Liberty."

No sooner was this league founded than recruits flocked in from all quarters. It became a matter of honor with every man who was not a reservist to join, and only a few days ago the women of Servia, fired with the fierce enthusiasm of their men folk, formed themselves into a special branch of it.

An old patriot, a woman of 62 years, whose husband had died for Servian freedom in the war of liberty against the Turks, was the first to moot the subject. She has four children and nine grandchildren serving in the army.

Approaching one of the high military officials with her scheme, she was received at first with disfavor. You are too old to fight," said the soldier. "If the young ones are not afraid to die, why should I be?" she replied, freely.

So her cause triumphed, and the result of her plan may now be seen in a company of hard-trained women drilling daily with heavy Mauser rifles, attending at the shooting ranges, and fitting themselves as rapidly and thoroughly as they can to take their places in the firing line should the necessity arise.

The woman's company is composed of fair Servians of all ages and classes—married and single, peasants' wives and daughters, and the wives of rich merchants.

This amazon corps is drilled by officers from the command of Lieut. Col. Kikelitch.

Now that the corps is organized and proving itself a useful, workmanlike body, enthusiastic praise for its members flows in from all quarters. New recruits are always forthcoming, and the officers in command speak highly of the women's military ability.

It is probable that other similar corps will be founded at once in different parts of the country. Meanwhile Servia continues to organize thoroughly her military resources. Volunteers now number 87,000, and ammunition factories are working night and day. The stock of small arms ammunition already at the

disposal of the troops is stated to be over 400,000,000 rounds and the stock of rifles number 300,000.

Several French quick-firing guns recently ordered have already arrived, via Salonika, and this brings the artillery strength up to 72 batteries, exclusive of 309 De Bunge three-inch guns that have been converted into quick-firers.

### GIVES IDEAS ON MATRIMONY.

#### Young Woman's Few Don'ts That May Be of Interest.

Philadelphia, Pa.—At a party to mark her freedom from the thralls of matrimony Miss Anna Sowney, recently divorced from an Italian, passed about among her guests some "don'ts" for girls thinking of matrimony. Her particular don't excludes thin men. She favors the beefy sort.

When all the guests had congratulated her and assured her that she had done just right Miss Sowney—the courts gave her the privilege of resuming her maiden name—on the arm of a woman, led the way to the dining-room where her friends found the "don'ts" entwined with forget-me-nots at their plates. Here is a copy:

Don't marry an Italian or a Frenchman, unless you are of those races. These men don't understand an American girl's ways of looking at life.

Don't marry a musician. He's all nerves and temper.

Don't marry a pretty man. Pietro was that kind and he knew it.

Don't marry a man who professes to be, or is really, mad with passion for you. He'll soon be over it.

Don't marry a thin man. He'll worry you and himself. Wed a buster every time.

## HOLD WAKE OVER DEAD TOWN

### Big Farewell Party Given to Village of Kangley, Ill.

Streator, Ill.—Laughter and merry-making, combined with music and feasting, characterized the big farewell party given by the residents of Kangley in honor of the town's death. It is true the affair assumed the solemnity and jollification of a "wake."

It was one of the greatest events in the 22 years' history of the village, and in spite of the merry-making there overhung a gloom that could not be dispelled by music and laughter. This depression was visible plainly in the older residents of the town, who have refused for long, to entertain such a belief that Kangley's corporate life was at end.

The affair was held in the town hall and in the evening there was a "local talent" play. This was followed by a banquet and then came a ball, a large crowd dancing until early in the morning.

Kangley is giving up its corporate life because there is nothing for it to live for. Its industry was mining, which was begun 20 years ago, when a coal company opened up this field.

The settlement grew to a village of 500 inhabitants, all contented and industrious. Then the company began to abridge

## FORT IS SUMMER HOME.

### Old Ticonderoga to Be Restored for Rich Woman.

New York.—Fort Ticonderoga, rich in the associations of the colonial and the revolutionary wars, is to rise again from its ruin and preserved and restored is to be the summer home of its owner, Mrs. S. H. P. Pell of this city.

It is expected that the West barracks, in which Col. Ethan Allen demanded the surrender of the fortress "in the name of the great Jehovah and of the continental congress," as tradition has it, will be finished next July for the centenary of the coming of Champlain, which is to be celebrated under the lee of the old walls on the "Trembling Meadows."

Ticonderoga has been in the possession of the Pell family for nearly a century, and the approaching celebration and a renewal of interest in early American history caused the present proprietor to consider its rehabilitation.

Mrs. Pell's father, Col. Robert M. Thompson of this city, is undertaking the rebuilding and restoration. The west barracks, or "officers' quarters," will be a museum, and the other buildings within the inclosure are to be used for residential purposes.

The legends of the aborigines tell of the promontory on which it stands, having been a defense of the Mound builders and then wrested from them by the Indian hordes. The Iroquois lost it to the French, the French surrendered it to the English, and then England was obliged to yield it to the forces of the revolution. After that it was taken and retaken, and finally dismantled and abandoned.

Its position made it for centuries the key to the Hudson valley and of the way from this country to Canada.

The fortification stood between Lake Champlain and Lake George, on a bluff which commands the river connecting the two bodies of water.

### TREASURE FIND ON BEACH.

#### Washing Up of Coins of 1800 on Long Island Attracts Scores.

New York.—Silver dollars of the mintage of 1800 are being washed ashore on the beach near Eastport, L. I., and scores of men and women are out raking and sifting the sand in the hope of sharing in the prosperity which has come so unexpectedly to Eastport.

The popular supposition is that about a century ago a treasure ship went ashore on the coast near here and became a total loss. The fact that the old silver dollars are coming ashore 100 years after is construed to mean that the chests containing the coins were in the hold and that the storms of the last year have broken up the remnants of the hull, and also the treasure chests, and freed the silver. It is well known that silver dollars at that time were made mainly for export.

The first coin washed ashore was found by Clarence Jayne, a life saver stationed at the Moriches station. He was patrolling the beach when he saw it lying half buried in the sand. On one side of the coin is the figure of a woman and on the other an eagle surrounded by 13 stars, one for each of the 13 original states.

Jayne told his comrades about his find and they began searching the beach. The news spread to neighboring villages, and soon there was a rush for the ocean front. Those who have found the coins are not parting with them, because they have been informed they are valuable and will command high prices from coin collectors.

### Reward After Fifteen Years.

New York.—As a reward for heroic work in rescuing three sailors from the schooner Thomas W. Havens during a terrific storm 15 years ago, Capt. John Hennessey of Long Branch, one of the foremost surfmen in the country, is at last to receive a United States government medal appropriate, inscribed, Col. Levin Lake of Long Branch, who has been instrumental in securing the well-earned recognition for Capt. Hennessey, has just received word from Secretary of the Treasury Cortelyou that the medal has been granted.

## MARKING THE SOUR MILK COW

### Explanation the Woman New to the Country Didn't Quite Believe.

The woman was new to the country and her host took great pains to explain to her whatever she didn't understand about the farm. He had little regard for the truth, this farmer, he delighted to test her gullibility to the utmost.

The cows seemed to interest her more than any other domestic animal. One of the cows had lost her tail somehow and this fact led the woman to ask why it was.

"That's the sour milk cow," the farmer explained with a straight face. "We always cut the tail off one cow in the herd so as to get sour milk fresh every day."

The woman looked her doubt. "It's perfectly true," the farmer insisted. "You see when the cow's tail is gone the sun shines continually on

the cow's udder and the constant heat sours the milk."

But the woman still doubted.

### Tommy, the Boy Boxer.

An indulgent papa had many a jolly scrap with his 12-year-old boy, and grew proud of the youngster's willingness to "wade in" for a boxing bout, with or without gloves. One day he said to his wife: "Sally, our boy must be taught to take care of himself with his fists. He shows an aptitude for the manly art. I shall find a master of the science and put Tommy through a course of fistuffs." "You'd better not; you will have trouble," said the sage wife. Her caution was unheeded. At 13 Tommy could hold his own with papa; at 14 he could drive the "old man" all over the room, and at 15 he could put him out in three rounds. At 16 papa laid down altogether, and Thomas owned the house. "I told you so," said the mother of the boy to indulgent papa.

the money itself to carry. In the elevator he was robbed of the money. He did not make much outcry, neither did his wife, they were too stunned. At the police station, where they reported the loss, every man on the force was touched at the pathos of it. They impressed upon the police reporters the worth of the aged teamster and his anguish over the loss. The police reporter of one paper wrote the story just as it happened. In fifteen minutes after the noon edition of the paper was on the streets the tele-

### SOME GOOD STILL IN WORLD.

"You needn't try to convince me that the world is selfish to the core," said a commercial traveler. "I have just come from a city in the middle west, where this happened: A teamster nearly 70 years old and fast losing his eyesight had saved some \$1,300 to buy him a little cottage and, with his wife, took the money from the bank to close the deal. Like most uneducated persons, he could not understand having a check, but wanted