

# DIET AND HEALTH

By DR. J. T. ALLEN  
Food Specialist

Author of "Eating for a Purpose," "The New Gospel of Health," Etc.

## 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 boar'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.

While the food of all young mammalia is milk, yet the milk is adapted to their varying development, and varies to a large degree, as the food of the parent. The milk of the dog, for instance, typical of flesh-eating animals, contains about six times as much protein as that of non-flesh eaters, including man. The protein in human milk is about one-third that in cow's and sheep's milk. Wool requires a large percentage of protein, and the cow as she exists to-day produces three times as much solids, including fat, as most other herbivorous animals, largely because the demand for "rich" milk has caused the rejection of those animals that yielded thin milk. The fat, however, in rich dairy cow's and human milk is nearly equal, but the sugar in the former is only about half. The fat in dog's milk is three times that in human milk, the sugar one-third. This variation indicates that fruit sugar should form a large part of the food of infants, as of children and adults. The supply of candy to children, or of cane sugar, in the form of cheap candies, poisoned with coloring matters, instead of fruit sugar, which is an important element of the natural diet, is a serious error.

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 of barnyard contamination, for milk absorbs bacteria as a sponge absorbs water and they develop very rapidly. The feeding bottle should be thoroughly 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. 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 "flabby" 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 zwieback 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 evening 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.

At three give the modified milk. At six zwieback 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.

# Three Good Ideas



**Blouse for Girl from 14 to 16 Years.**—Cream white is employed for this blouse; two tucks are made from shoulder to bust each side; the trimming consists of bands of embroidered galloon, round collar, down center front, and round armholes and sleeves; the tight under-sleeves are buttoned nearly to the elbow.

**MATERIALS REQUIRED:** Two and a half yards 30 inches wide, two and three-quarter yards trimming.

**A Simple Blouse.**—A firm kind of washing silk is admirable for a blouse such as this; two inch-wide tucks are made from shoulder to bust, and about six small ones; between; the box-plait down center is covered with lace or embroidery, a band of the same being taken down outside of sleeve. The deep cuffs are of finely tucked silk.

**MATERIALS REQUIRED:** Four yards 22 inches wide, one and one-half yards trimming.

**Cloth Jacket.**—Here is a practical, easily made jacket, in Amazon cloth, to match the skirt. It is fitted by a seam taken over the shoulder from edge of basque, back and front. The front slightly wraps over below bust, and is fastened by invisible buttons and eyes, and ornamented with buttons and cord loops. Embroidered galloon outlines the neck. Felt hat trimmed with a buckle and quills.

**MATERIALS REQUIRED FOR JACKET:** Two and half yards 46 inches wide, one yard galloon, three buttons, four yards silk.

### DESIGN FOR VISITING DRESS. CHINTZ HANGINGS ARE LIKED.

In Russet-Brown Velvet and Fine Face Cloth. Especially for Bedrooms That Have a Chilly Aspect.



For inside curtains heavy linen, either natural linen color, in white or colors, is very popular. They are selected, of course, in accordance with the fittings of the room and are trimmed either with the applique or embroidery in heavy linen thread. Chintz hangings are also very popular and chintz and cretonne are now shown in a more remarkable variety of colors and designs than ever before. There is quite a fad at the moment for the blue and white or the red and white chintz hangings for use, of course, in rooms suitably decorated. The wall of a room, for instance, may be in pale gray or white and gray when blue and white or red and white chintz will be used for hangings and upholstery. These chintzes are not quite so striking as they sound, the red chintz, in fact, being quite mild in effect. The color is a light and rather dull red and the patterns show a great deal of white. For some bedrooms, such, for instance, as have a rather chilly aspect, these chintzes are admirable. They seem more suitable for men's rooms than the flowered chintzes in pink and green, lavender and yellow which are so charming.

**The Pierrot Ruff.**—A Pierrot ruff, but having a huge bow at the side in which little Pierrot would not have known himself, is one of the prettiest little gifts to pass from friend to friend. Choose marquisette, crisp chiffon, net or point d'esprit in one of the catwba or wistaria shades. Ruffs of these exclusive colors may be found in some of the shops, or the materials may be bought and carefully doubled and quilted into shape. The very full collars are then fastened on to a soft fold of silk of the same shade, measured to fit the neck. The bow of satin ribbon is, again, the identical color, and be sure the match is perfect.

While it is very lovely to say "tie on with a big soft bow," it is far wiser to caution the giver to have the bow tied permanently, and to fasten Pierrot's ruff with a hook and eye.

**Frills on Muffs.**—A pretty fashion is that of adding a frill of soft satin or closely plaited chiffon to the lower edge of fur muffs.

Brown is used with all brown furs, black with black and white with such furs as ermine and white fox.

When furs are scant this addition is a decided improvement.

The immense round muffs that are forcing their way to the fore have the closest-looking arrangement of quilted and primly looped ribbon at the ends where the hands are received.

### OLD FASHIONS COME BACK.

Ornaments Worn by Another Generation Become Popular.

So much that is old has become new that our grandmothers' possessions are being held up as the latest thing in fashion. This is not only true of cloths, scarfs, hair ornaments, high-heeled slippers, but of jewelry.

With the craze of Byzantine jewelry has come the revival of three kinds of ornaments worn by another generation.

These are corals, seed pearls and cameos. All three are in the height of style.

Necklaces of seed pearls are almost as valued as diamond ones these days. Brooches of them are sought after and worn with great pride.

Cameos, if good, are now worn on the most elaborate evening gowns as well as for street. Large ones set in filigree gold or seed pearls are used for the shoulder clasp or the front of the bodice or a belt buckle; the small ones are quite fashionable to catch turnover collars together, to fasten a pinot, or to pin a bow of ribbon.

### Plans for Bedrooms.

Instead of a double bed take two single bedsteads, remove the upper part of the footboard, put the two ends together in one corner of the room, make a bed on each. Then you have the center and the sides of the room for other things.

It is also nice for a larger room that is to be occupied by two individuals or elderly people, for they can each have their own bed and can often wait on and be company for each other many times when otherwise they would have to be alone.

And it is a good way to fix the little girl's or boy's room, so that when they have chums come to see them and stay over night they will have a nice spare bed for them in their own room.

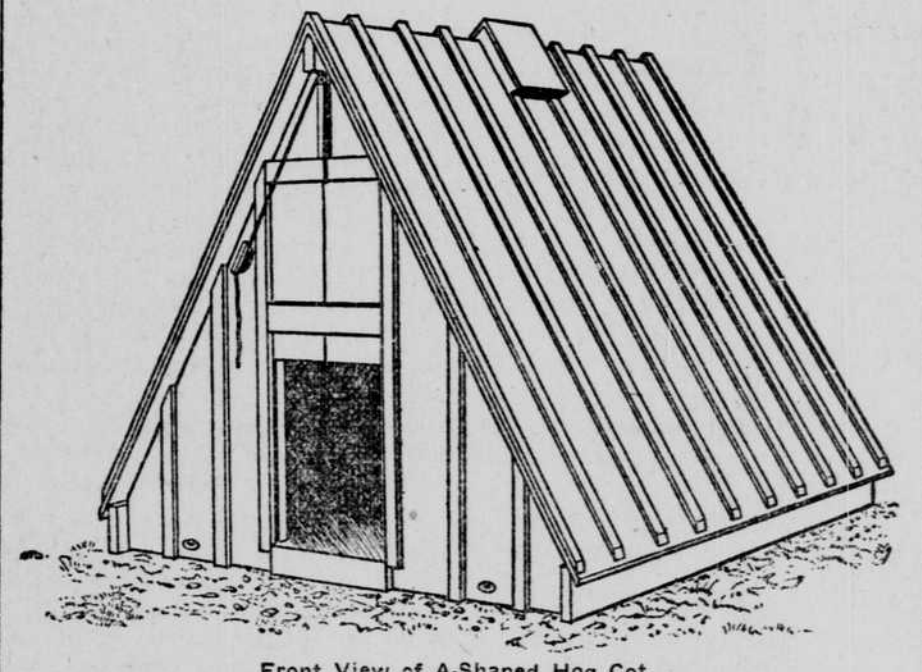
### Rosebud Hats.

The latest novelty in hats is the natural rosebud or half-grown flower which, by some wonderful process, is transformed in all its perfect beauty of form and color into an imperishable substance. Nestling in the fur or foliage of a smart hat, they add the newest touch of elegance.

# A HOG COT GOOD FOR SUMMER OR WINTER

A-Shaped Structure Which Is Equipped with a Door and a Ventilating System.

The A-shaped hog cot is adapted to both summer and winter conditions. It has a permanent floor, a door in each end, and a ventilating system. It is constructed by nailing inch boards on six joists, two inches by four inches, eight feet long for the floor. Beneath the joists are nailed three stringers, two inches by six inches eight feet long, which serve as runners for moving the house. Next is spiked a piece two inches by eight inches, nine feet four inches long, at the ends of the joists, having the bottom of the two inch by eight inch with the bottom of the joist which will allow it to project above the floor seven inches at each end. This two inch by eight inch forms a plate to which the rafters and roof boards are nailed. The seven-inch extension of the plate at the ends supports the low-



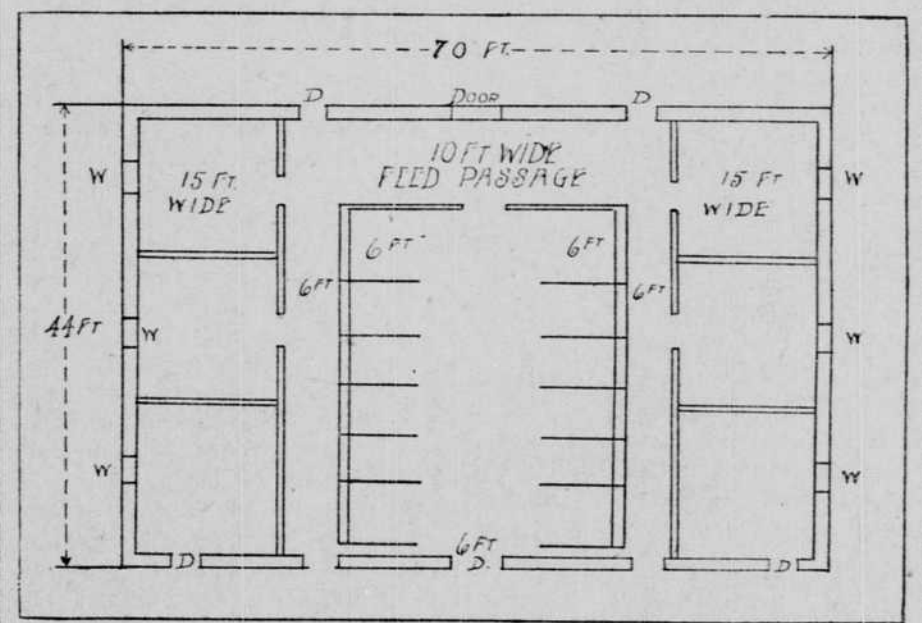
Front View of A-Shaped Hog Cot.

er corners of the roof which otherwise would be easily split off. These 2x8's, besides strengthening the house, raise the rafters and roof boards nailed to them at least three inches off the floor and thereby materially increase the floor space and the capacity of the house. If the house is to be used in extremely cold weather a movable door is necessary. The illustration shows a door two feet wide and two feet six inches high, made to slide up and down and held in place by cleats. It is suspended by a rope which passes through a pulley at the top and is fastened to a cleat at the side near the roof. The cut also shows two iron eyes bolted into the front joist of the building to which the hitch is made when the building is moved.

With these improvements the cost of building the A-shaped house is somewhat increased. All the boards except those used for the floor should be dressed on one side.

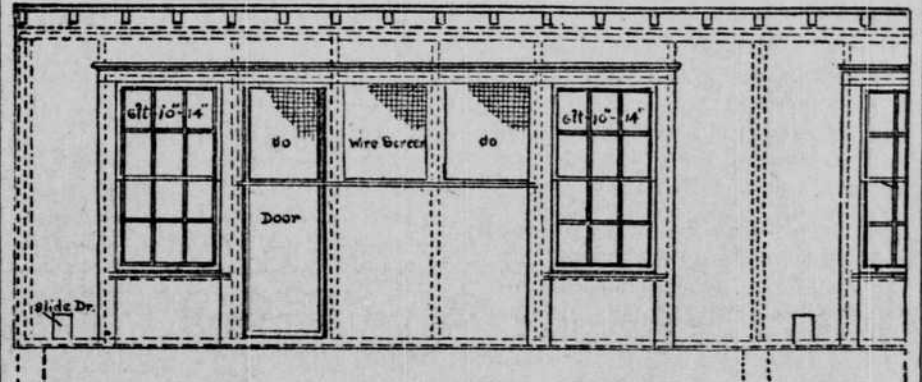
The following lumber is necessary to construct this portable house: Nine pieces 1x12 in., 16 feet long, and 11 O. G. battens 16 feet long for roof; 5 pieces 1x12 in., 14 feet long, for ends; 1 piece 2x4 in., 10 feet long, for ridge; 2 pieces 2x8 in., 10 feet long, for plates; 7 pieces 2x4 in., 16 feet long, for rafters and braces in frame; 3 pieces 2x6 in., 8 feet long, for stringers and 4 pieces 1x12 in., 16 feet long, rough, for flooring.

### Stable With Box Stalls



The ground plan shown above is for a stable 44x70 feet. The arrangement gives three box stalls in each end, which can, if desired, be arranged into stalls. The two cross feed passages are six feet wide. Stalls for cows six feet wide and six feet long from front of manger, to rear of stall. The main door can be made in two doors each six feet wide, which will admit in a stone boat or sled being taken in to clean out the stable. There will be space enough to drive in a horse and turn around.

### A Curtain Front Laying House



The front should be toward the south or east to avoid the worst storms. A framework covered with canvas enables it to be closed at night. Perfect ventilation can be obtained by this means and in fine weather full advantage can be taken of the sunlight. Wire netting is used to cover the windows.

**Lost Art Rediscovered.**—A chemical discovery, or rather re-discovery of what was an old Roman secret known to have been used about 600 years ago, is a liquid preparation to prevent iron rust and wall dampness.

When applied to the bottom plates of ships it is said to prevent oxidation, animal or vegetable marine parasites and growths and, besides preserving the life of the iron plates, will also add to the speed of liners and warships. When the inside of a ship is coated over with this liquid it stops the "weeping" of the inner skins of the iron sides, which, as shippers so well know, is so often the cause of much damage to ships' cargoes.

Freshly plastered rooms when painted with the same preparation admit of immediate occupancy or decoration, as the paper can be applied without delay or damage. The tests have extended over a period of many months, and the results have been announced as successful.

**Have Plenty of Litter.**—If hens are confined to the poultry house on cold days see to it that they do not have to stand on the bare floor. Use straw, corn stalks, corn husks, or other dry material for a floor covering. Hens with cold feet will not lay very many eggs.

**A Word of Caution.**—Too much dry feed and too little exercise is bound to cause impaction of the digestive system. Don't let this happen to your sheep—it is so easy to avoid it.

**Provide Plenty of Water.**—Although turkeys will eat snow, they should not be permitted to do so, but should be given plenty of fresh clean water.

**They Sell Best.**—When raising turkeys for market medium sized ones will be found better than extra large ones.

### A Labor-Saver.

"See here," said the irate roomer to the chambermaid, "don't you ever sweep under the bed?"

"I always do," answered the girl, innocently. "It's so much handier than using a dustpan."



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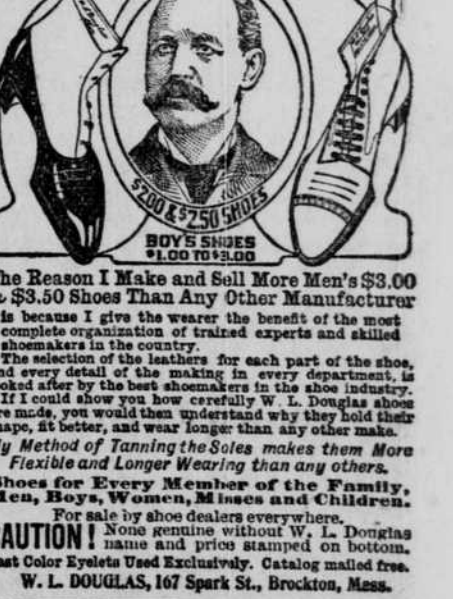
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