

INTRODUCTION

Food in its Relation to Life.

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The human body lives, moves, works, and so wears out and needs repair. The body has been compared to a steam engine, in that as through the oxidation of fuel, heat and mechanic power are produced, so, in the body, through the oxidation of food, heat and force are produced. It is a machine, then, but it is more ; it is a living, working machine which must do its own repairing while its activities are still going on. As fast as tissues of the body wear out they are renewed by the food taken into the body.

Food is classified as follows :

Nitrogenous—Protied or tissue-building foods.

Non-nitrogenous—Fats and oils ; carbohydrates, (starch, sugar), mineral matter, water.

These foodstuffs are made up of certain elements, the most important of which are carbon, hydrogen, oxygen and nitrogen.

These elements also make up the body, and are constantly wearing out, they must constantly be replaced. This is done by the food.

Good food does not mean elaborately prepared or high-priced food ; but good food must supply, no matter in how simple a form, these foodstuffs, and through them these elements, which are necessary for the proper maintenance of the body.