

It has now been established by chemists and physiologists that, if sugar be not taken as a food, the digestive organs make it out of other elements in the food. Such diets as potatoes, bread, cornmeal, arrowroot, sago and rice are very rich in starch, which yield in digestion maltose, then glycogen, and finally the sugar that feeds the body. The healthy adult working hard requires daily nearly 2,000 grains of nitrogenous foods, about 750 grains of fats, and about 6,000 grains of carbohydrates, made up of starches and sugars.

Candies are among the attractive and useful forms in which sugar is used as a food. They contain large quantities of cane sugar, with frequently some fats such as butter, nuts and fruits, corn syrup, starch, chocolate and flavoring. All of these elements are useful foods. Nuts and fruits are recognized as yielding a good percentage of proteid nitrogenous material, which is one of the absolute essentials in body building and nutrition. The fat is also a proper constituent in every dietary. Corn syrup is but another form of sugar, as has been aforesaid.

Starch found in exceedingly small quantities in good candy is also converted into sugar in process of digestion. Chocolate is a most nourishing fat food and a delightful stimulant, especially valuable in cases of extreme fatigue or exposure. The flavorings are stimulants to the digestive organs, and increase the flow of saliva, gastric fluid, pancreatic secretion, and the action of the intestinal glands.

There is a rather widespread notion that eating candy injures the teeth. There is not the least scientific foundation for this opinion. The lack of sugar is much more likely to injure the teeth, through impaired nutrition, than even its excessive use is liable to do by any digestive troubles which might result from such overuse.

In like manner there is very little foundation for the common opinion that the consumption of candies causes diabetes. It is true that the abuse of sugars may produce a mild form of temporary diabetes, which disappears on the proper regulation of the diet. This form of diabetes is quite rare and unimportant. The excessive ingestion of any other food will cause derangement of health also. It is very doubtful if the use of candy, in any form, ever causes a case of true diabetes.

Statistics show that the annual per capita use of sugar in Canada and the United States is about eighty-four pounds. That of Britain, before the war, was about ninety pounds, though the latter figure does not represent the consumption of Britain itself, as a certain percentage of the sugar used in the country was exported to other countries in the form of sweet goods. This would give such large consumption figures per year as:

Canada.....	314,000 tons
United States.....	3,954,187 tons