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EDITORIAL

THE FOOD VALUE OF CANDY.

All down the past centuries the human race has adopted such combinations of foods as best nourished the body. This was done long before there was a chemistry or physiology of food. Yes, long before the first chemist or physiologist was born. As the result of instinct, guided by experience, mankind had been consuming large amounts of sugar foods, or other foods that in the process of digestion are converted into sugars. These sugars or their equivalents were obtained from the juices of plants, or from various substances that were put through some process which changed them into sweet tasting, relishable, and nutritious foods.

The Carbohydrate group of foods contain carbon, oxygen and hydrogen in varying proportions. Sugars may be divided into the following groups:—

1. Sucroses, or disaccharids, such as cane sugar, beet sugar, maple sugar and malt sugar.
2. Glucoses, or mono-saccharids, such as grape sugar (dextrose), fruit sugar (levulose), and corn syrup.
3. Invert sugar, such as honey, which is one of the forms in which the earliest use of sugar is recorded.

It must be remembered that the large amount of starch consumed as food must be converted into glucose or dextrose sugar before it can be made use of in the body. It has been stated by eminent authorities on foods that about one-quarter pound of sugar per twenty-four hours is the maximum amount required by an adult. If more than this be consumed, the extra amount will be excreted by the kidneys. This would be about ninety pounds of sugar per annum. Children can assimilate more sugar than adults because of their relatively active muscular energy and relatively large body surface for losing heat in proportion to their size. They do not as a rule care for fat meat, and prefer sweets as a natural substitute.