



EXAMPLES OF FRENCH WOOD CARVINGS.

## Health and Home.

### IS FAT INJURIOUS ?

Fats are very important elements of our food ; still, goose oil, lard, tallow, train oil, fish oil, and such varieties of diet, are wisely eschewed by all except lumbermen, and those whose physical labor is very great, and who are almost constantly exposed to cold. While, therefore, the student and civilized worker wisely eschews the coarser forms of fat, he should not ignore it in some more refined and delicate form. He should instead use such as are most suitable to his taste and needs. The brain is a great consumer of fat, combined with phosphorus. No phosphorus—no thought, is a modern phrase, expressing the importance of phosphorus in mental action. As yet we are in the infancy of knowledge on this subject, but it may be predicted that when we know the whole truth, the phrase will be something like this : “No phosphorized fat, no thought.” There is always some fat in most of our foods. The special forms best to make up any deficiency that may be in them are no doubt to be found in good butter and cream. There are, of course, instances in which they

will not be tolerated, but these are exceptions. Fat is not digested in the stomach, but by the pancreatic juice in the intestines, nature having provided a special juice to form it into an emulsion so it may be absorbed. In this state every atom of fat is so small that it requires a microscope to detect it, and in this state it may easily be passed through the walls of the intestines and carried into the circulation. We need no better evidence of the need of fat than this careful provision for its digestion in the system. The symptoms which attend a non-use of fats in some form are coldness of the extremities, a tendency to indigestion, lack of nervous energy and power to think. Emaciation, diminished muscular power, and a tendency to consumption.

It may be true that many persons suffer from an inability to digest fats, and that sometimes they obstruct the liver and make much trouble. In all such cases it would be advisable to use them wisely and judiciously, but rarely to avoid them altogether, except, perhaps, in corpulence, where they are best used in great moderation. Lean people should use fats rather more freely than fat ones. The amount of fat necessary for a healthy working person is about three ounces daily. Persons with extraordinary working power require more than this. The starch in our food is to a certain extent a substitute for fat, and may be converted into it.—“*Eating for Strength.*”