

The Home Doctor—

Truth at Last About Flesh Eaters and Vegetarians

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Man is a carnivorous production. He must have meals, at least one meal a day; he cannot live, like woodcocks, upon suction, but like the shark and tiger, must have prey. Although his anatomical construction bears vegetables, in a grumbling way, your laboring people think beyond all question, beef, veal, and mutton better for digestion.

There is much truth as well as poetry, more reason than rhyme in this. Hot footed in their disputations upon the pros and cons, merits and demerits of beef versus beans, usually the doubting Thomases end up in the words of Sir Roger de Coverley and hold that much may be said on both sides.

Cabbages and kings, vegetables and meat, ferns and flowers each have their advocates biased and unbiased. They come into court with soiled as well as clean hands. They come like the blooms in Paradise Lost, on either side. Acen- thus and odoriferous bushy shrubs fence up the verdant walls. Each beauteous flower—iris of all hues, roses and jessamine rear high their flourished heads between the wrought mosaic. Under foot the violet, crocus, and hyacinth broider the ground, more colored than with stone of costliest emblems. The feet of vegetarian as well as carnivorian walk the same bedewed paths.

There are certain individuals below the century mark and blood heat of a truly healthy race who must taboo meat. There can be no doubt but that infants, the toothless, the doddering, the sickly, those who sit on stools or otherwise silently fold up the muscles with which they were born should "hae nae meat, for they canna eat" it.

For persons who shrink from physical tasks, whose tissues respond only to supine and timid demands, who bow the head as well as the knee before the world's demands for deeds of daring who shun forthright, vigorous, arduous and aggressive activities; who are middle class moralists rather than muscularly militant—for these, I say vegetarianism is the thing.

Contrariwise, for those who are less keen for Lake Mohawk, maudlin sentimentality, renunciatory, self-delial, the passive virtue of yielding to oppressors without and within; who are given rather to strength, power, and creative genius and a healthful assault upon all arrogant aggressions, meat according to researches just completed in the nutrition laboratories of the Carnegie Institution, is a prime and essential ration.

Messrs. Francis G. Benedict and Paul Roth have just completed an elaborate investigation into the heat and energy output of vegetarians as compared with meat eaters of the same size and weight. They show that among the many alleged facts concerning the influence of a vegetarian diet, statements are often made with respect to an observed increase in endurance.

Vegetarians are led to believe that they live upon less albuminous food than do flesh eaters. On the other hand, you are told that flesh eaters are overfed and unduly stimulated by the albumens or protein in their victuals. The measure of the carbonic acid gas formed and the oxygen used up, is used by these savants to prove exactly the amount of work, its efficiency and the heat formed.

They made their observations upon twenty-two persons, who had lived exclusively upon a vegetarian diet for years. With these as subjects, half of whom were men and half women, the amount of work, heat and chemicals produced, was easily found out. They were all placed in a room—called a "respiratory chamber"—and every drop of breath, perspiration and waste matter was as carefully collected, and weighed and analyzed as was the vegetables given.

In order to compare these results fairly with those obtained from flesh eaters, an equal number of the same sex, size and weight of those who also eat flesh, fish and fowl were used in similar experiments.

For each pound in weight of the vegetarians, it was soon evident that a dozen heat and work units were produced, whereas for each pound in weight of the flesh eaters, nearly fourteen heat and work units were made. This might, at first blush, appear to be but a slight difference to those unaccustomed to such researches. When, however, you take a man of 150 pounds at work eight hours on a vegetarian diet and compare his heat and work output with a flesh eater of the same weight in the same time, you will see whether there is any delay in merchants, teachers, military commanders, manufacturers, doctors, inventors, or others in their choice between them.

A vegetarian of 150 pounds will yield in the same period only six-sevenths of the work of a flesh eater. Moreover in the event of sickness, he stands only six-sevenths of a chance of getting back to work as quickly as the flesh-eater. Again, he requires the factory, offices, shop, store, or workplace to be heated one-seventh more than a flesh eater. He furthermore demands one-seventh more clothing, one-seventh more food, one-seventh more rest, and one-seventh more holidays and periods of recovery from disease.

In a word vegetarians, according to these researches of Benedict and Roth, as conducted under the eye and financial grant of the Carnegie Institute, prove that in health, strength, heat, efficiency, initiative, originality, power, and capacity six flesh eaters are always equal to seven vegetarians of the same weight, size and other equalities.

Cooling Drinks for Hot Weather

Almond Milk—This is a most delicious beverage. It takes some time to prepare it and does not go very far, but more can be made in proportion. Blanch two bitter almonds and pound to a paste three dozen sweet almonds, and also macerate them until smooth. Upon the mashed almonds pour one gill of boiling water, crush and mash again. Strain and again put the almond meal that is left in strainer into the mortar and crush, adding from time to time a little water until you have used one pint. This should be again strained, sweeten with about two spoonfuls of sugar, or to taste. You can use a little more water if it seems desirable, and this drink is delicious with just a hint of lemon or orange in it.

Tutti Fruit—This is made of a variety of fruit juices. Almost anything available may be used and a number of juices mixed, sweetened to taste and set upon

ice. Currants and raspberries make one of the most delectable drinks. Crush the fruit and strain, add sugar and water as desired.

Strawberry-ade—than which nothing is better—is easily made by crushing the fruit, sweetening to taste, and adding as much water as required. This can be varied by using pie-plant juice as a mixture, and is not injured thereby. To

extract the juice from the pie-plant, cut it up, and place on back of range with a slow fire, sprinkle the pie-plant well with sugar and cover closely. The juice will exude freely and may be strained off, or the entire pulp may be mixed with the crushed strawberry pulp and both mixed with sufficient water to make the desired drink. This may be strained or served with the bits of fruit in it.

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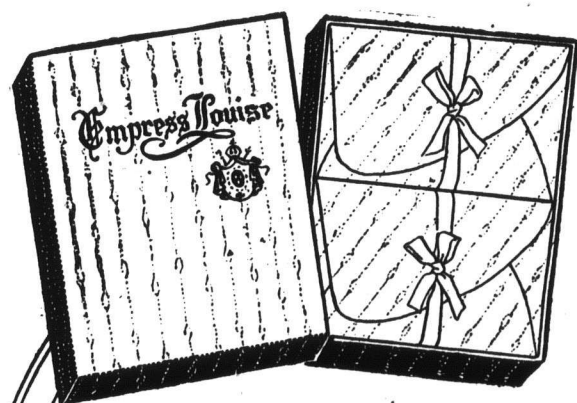
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