



AN AUTUMN CONTEST

By Iva A. Clute.

The golden rays of the sunset
Were quivering in the west,
And peace, like a benediction,
Fell over the valley, dressed
In the garb of the early autumn,
In green and russet and red,
Whose brilliancy seemed to challenge
The wondrous tints o'erhead.
Purple and gold in the sunset,
Purple and gold in the stream,

Blue, dense blue, in the heavens,
And blue in the wild-birds' gleam;
Russet and red and amber
In the vast, ethereal sea,
And russet and red and amber
In the depths of the forest tree.

A contest of light and beauty,
Of splendor and glamour and glow;
But the colors above are fading,—
Not so the bright tints below.
"The earth has won," we whisper;
But stars come out in a host,
And the moonlight's silvery splendor
Out rivals all earth can boast.

To Make Gains, Feed Weight.

Some Comments by a National
Authority on Feeding.

Every once in a while one sees in the magazines or papers a statement to the effect that some scientist has succeeded in preparing food materials in tabloid form which will furnish all necessary nourishment for man without any waste whatever, and the writer generally indulges in free flights of imagination with regard to the importance of the discovery for the future of the human race; how the necessary diet of a person can soon be carried around in one's vest pocket, and what an economy of effort will result from the general introduction of the preparation, both as regards the drudgery of housekeeping and the expenditure of energy in the digestion and assimilation of food. Armies will no longer have to be accompanied by enormous supplies of all kinds of food articles; a few pounds, perhaps, of the tabloid preparation will feed a regiment, and the soldier will march against the enemy with a firm step and a satisfied stomach, going where duty calls him, without thoughts or longings for the flesh pots of Egypt, or the pie that mother used to make.

It is all very well to give one's imagination free rein occasionally, but it is not amiss, in fact, it is very desirable, to keep on earth with both feet and not to forget fundamental laws of physiology and hygiene in placing the horoscope for the future; and this may be stated definitely that the needs of man or beast for

food will always be of paramount importance to the individual, and neither can be subsidized into ignoring the call of the appetite by flights of fancy or dribbles of special foods whose claim to recognition probably in the main lies in their fine-sounding names or in the skill with which their merits are placed before an unsuspecting patient public.

What is Food?

Let us look at the facts of the case and see whether there can be much hope that either man or animals can ever be sustained by feeding with pellets, even if these be composed of "food and only food." To take the simplest case, that of a human baby depending upon milk for its sole nutrition. If he behaves like a normal healthy baby, he will take, say, at six months of age, about a quart or two pounds of milk in the course of a day. This will contain about thirteen per cent. of solids, and he will receive, therefore, in all about four ounces of milk solids, practically all digestible. No argument or persuasive efforts on part of parents or manufacturers will convince him that a tablet or two of condensed predigested food will be enough for him. He wants what he wants, and if he does not get it, presto! there is trouble. The solid food substances of the milk, being made up of butter-fat, flesh-forming substances (so-called casein and albumen) and milk sugar, are easily and as completely digested as any food materials that can be secured, and still the little baby requires about two ounces of them daily to be happy.

A grown, fairly active man, if he should place himself on a milk diet solely, would consume some eight pounds of milk daily, containing a little over one pound of food substances, quite a bulky quantity of food, the equivalent of hundreds of food tablets, as we sometimes find them in drug stores or in special preparations sent out by manufacturers of food articles. If one pound of digestible and easily assimilated milk solids is required by man, larger quantities of other food materials would be called for, in proportion to the amount of indigestible matter these contain, for he will require in all cases about a quarter of a pound of protein in his food and a total fuel value of 3,500 calories. If he should select his food in the form of round steak, butter, potatoes and wheat-bread—all standard food articles and

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