

furnishes in the blood and lymph a medium by which food is taken to the remote parts of the body and the waste matter removed; 5, it serves to distribute the heat of the body, and, 6, it regulates the temperature of the body by the processes of absorption and evaporation. Every person should drink at least four glasses of water daily.

Salts in the food—These regulate the specific gravity of the blood and preserve the tissues. They also enter largely into the formation of the teeth and bones. Sodium chloride or common salt is the most important and valuable. Potassium salts come next in importance.

MIXED DIET

Having stated the necessity of using certain nutrients in order to sustain a sound and healthy life, the next question is in what foods do we find these necessities in proper proportion. Milk comes the nearest to being a perfect food, as it contains all the nutritive materials the body requires, still one could not take enough milk. Bread, too, will sustain life, but then we need more than merely to sustain life; therefore, it is not wise to restrict ourselves to one kind of food. When one understands something of the relative values of foods, a mixed diet is seen to be the best, about one-quarter meat and three-quarters vegetables, grains and fruits is a good proportion.

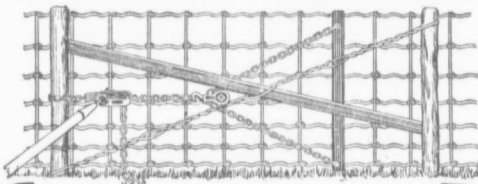
Food must contain proteins to form tissues, muscles, etc., and these nitrogenous foods are best obtained in lean meat, poultry, eggs, cheese, beans, peas, oatmeal and fish. Fats serve as fuel to the body, therefore the great value to butter and cream is olive oil. Carbohydrates form fat and serve as fuel and energy producers. They come in the form of starch and sugar and we get them best through vegetables, grains and fruits.

From this we see that animal foods contain most carbohydrates. The materials which have most carbohydrates are the most valuable as fuel and energy producers—those containing nitrogen, the proteins—the most valuable for building up bone, tissue and muscle. There is a tendency to eat too much meat and when not counterbalanced by plenty of outdoor exercise, it is apt to cause biliousness and other serious troubles, such as rheumatism. On the other hand, a carbonaceous diet entirely is not sufficient to repair the waste tissue, so that a man doing heavy outdoor work would have most sufficient strength. Therefore, the mixed diet of about one-quarter meat and three-quarters vegetables, as before stated, is considered best.

A great deal depends upon the kind of life lead; that must enter largely into the food arrangements. Those with whom we have to deal may belong to the outdoor workers. These have plenty of oxygen all about them, and are taking it in with every breath—they are using up their muscular tissues in large quantities, consequently they need more food, can eat more meat and other foods than can the indoor worker with quiet sedentary habits. Having these to deal with we must remember that without the extra exercise and the extra oxygen to help digestion, they need to avoid the sweets and fats, which are harder to digest, but need

(Continued on Page 488.)

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