

Heintzman & Co., Pianos

Have been the standard of comparison for sixty years.

Why experiment with a piano without a reputation when you can buy the HEINTZMAN & CO. without taking any chances whatever and with the fullest assurance of getting the best that money can purchase.

The favorite Piano in the homes of Culture and refinement in all parts of the Dominion.

SOLD ON EASY TERMS.

J. J. H. McLEAN & Co. Ltd.

SOLE AGENTS.

528 Main St. - Winnipeg.

Get our Catalogue and Price List

Mail Order Dep., "W."

NORMAN LINDSAY, LIMITED

WHOLESALE & RETAIL

PIANOS

MUSIC

Musical Instruments

We have now complete catalogues of all goods including Piano Catalogues, Music Catalogues, and Catalogues of Small Musical Instruments. We want you to have these catalogues in your house for reference as we know we can save you money in all lines.

We also want to send you information regarding our Free Lesson Proposition with the purchase of Violin, Mandolin, Guitar, Banjo, Cornet, Flute, etc. Why not have a course of Free Lessons on your favorite instrument.

WRITE US ABOUT IT

REGARDING PIANOS

Have you ever considered that it pays to buy a piano direct from a reputable Dealer instead of waiting until he goes to the expense of sending a traveller to see you? We have no travellers at present but are anxious to get a few Piano sales from outside customers. Will you write us for full particulars and consider our quotations. They will surprise you.

WRITE AT ONCE

NORMAN LINDSAY, LIMITED

284 PORTAGE AVENUE, WINNIPEG.

Human Race Starved, Not Overfed.

By LILIAN FORBES, M.D., F.R.C.S.E.

Of late years a great deal has been written on the subject of so-called overfeeding. There has sprung up a school of medical writers whose text is that most men eat too much in the present day. It is time now to consider an opposite condition, which is probably far more common than is generally supposed.

Brain work may be quite as exhausting as the hardest physical labor. As is well known, mental effort does not strengthen the muscles and whet the appetite as does physical exertion. It may then be necessary, or at least salutary, to feed a man even better than if he were at hard bodily toil. The food supply in any individual case should bear an intimate relation with the work to be done, both as to quality and quantity. This seems a truism, and yet by many writers it has been strangely overlooked.

The word has gone forth that "overfeeding" is the vice of the day. Our individual feelings and nature's promptings may tend to contradict this dogma, but nevertheless it is not easily set aside or got rid of. "Good feeding" in the sense of "physiologically fit" can never be harmful. It is because food is often not physiologically suitable that it becomes injurious. It may quite easily be deficient in some important constituents, having regard to what is required of it. Such food, then, no matter how often partaken of in the day, or in what quantities, is physiologically akin to underfeeding. In the early days of Great Britain, when the food supply of the people mainly consisted of oatmeal or Indian meal, supplemented with potatoes, the two together formed a fine example of what a diet should not be. It was eked out with "buttermilk." Yet on this scanty diet men not only lived, but developed huge thews and sinews and lived to patriarchal ages. That is, some did. But the death rate was, in early life especially, simply appalling. Diseases like typhus fever, which a medical man in large practice may now not see once in a lifetime, were always present. On the slightest excuse an outbreak would become an epidemic. Whole villages were not only decimated, but annihilated. The middle ages are full of such ghastly chronicles of plague, pestilence, and famine. This was underfeeding with a vengeance.

At the present time, however, the conditions of the food supply of the people have materially altered and certainly improved. This in two important respects—viz., in quantity and variety. As to the former, the immense imports of meat and wheat have in great part done away with the necessity for salted provisions and low class cereals during the winter months. This has had an important and wholly beneficial influence on the national life and health.

In this the scientific observer sees not so much or so markedly the virulence of the type of disease as a reduced power of resistance among those attacked. The two are by no means identical. The death rate of many modern epidemics does not at all equal what obtained in former visitations. How is this? It is due to the fact that so many of those attacked ultimately recover. They have a power of resistance, seemingly innate, or perhaps acquired, by which death is parried. But in its simplest form the sick can make a better fight for life, and convalescence rather than death occurs in an increasing percentage. But if ever folk were underfed it was in the so-called middle ages. Then the food supply was always and everywhere deficient in quantity and quality. Medical records of that period tell of scurvy and scabies and a host of maladies, including, perhaps, leprosy, which have happily disappeared.

In the modern community the variety and the multiplication of articles of diet have been enormously increased. The diet of the people has also gained immensely in variety. This is an important matter when

we consider the dynamics of food—that is, its capability of being changed into work. Every one who has devoted attention to the subject of supplying large bodies of men with a typical scale of provisions has recognized the paramount importance of change.

That an appreciable percentage of persons in the lower walks of life are now habitually underfed and in a condition bordering on inanition is a matter of common knowledge. Death by absolute starvation is infrequent. It is more often brought about by conditions of mind which are generated by, or directly connected with, insufficient feeding. Here the nervous system gives way and suicide closes the scene. Or the sufferer falls into a condition of chronic anaemia. They are especially frequent among children. Children suffer most and soonest from unsuitable or insufficient food. What is the duty of the community to these underfed children? Is it to pass on and leave them to their fate? Or is the better policy rather to neglect ethical considerations as to the duties of parents or the burden of taxpayers?

The basis of all foods consists of at least four essential elements; but it does not follow that all these elements will be present in equal proportions in various life sustaining substances. Thus, weight for weight, bread contains more carbon than meat, and meat more nitrogen than bread. These theoretical considerations are borne out by observed facts. It is a matter of common knowledge that the Eskimos eat largely of fatty matters, while the inhabitants of the tropics live chiefly on rice or other grain, on vegetables and fruits, eating sparingly of meat. Modern researches have shown that there is an intimate relation subsisting between the quality and quantity of food taken and the kind of work or "energy" into which it is eventually transformed. Hence a man's diet ought to depend in great part on his work.

In many cases the work a man has to do cannot be called strictly "natural." It is artificial, and the outcome of a complex civilization. The strain falls not on the body as a whole, but entirely on the nervous system, or, rather, the brain itself. The truth probably is that not only "high living," but the very best food materials which nature can give us are the proper pabulum for an active brain. The most highly paid and the most exhausting work is brain labor. The danger here is underfeeding rather than overfeeding. It is a curious but important fact that brain work, unlike manual labor, does not tend to produce a healthy appetite or to give an increased power of digesting the supplies of food required. Hence excessive brain activity is often associated with impaired digestion and impaired sleeping powers. It follows that the brain worker, or any man exposed to much nervous stimulation—and who is not in this age of hurry?—must be most carefully and most liberally fed. It is ridiculous to say that a man who gives such considerations their due importance is "overfed."

Are we as a people overfed? The answer is decidedly in the negative. The food supply of the country is not excessive, and undoubtedly large classes of the population are insufficiently nourished. Among the well-to-do classes the nature of the work performed by those who do work requires nutriment of a high quality and of a kind which nature produces sparingly. It must be prepared with skill, and, in a word, good food requires good cookery. Without this it is in great part wasted and may be even valueless. Brain work and sustained nerve energy require ample supplies of carefully prepared nutriment. The tendency is rather to underfeed. Who has not met many men and women who would be better for a good beefsteak—if, alas! they could only digest it?