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Mrs. S. T. Henning, New York and Kentucky Society Woman and Expert Cattle Breeder, Commissioned to Teach the Japanese the Breeding Values of Food.

By MAY WILKINSON MOUNT

JAPAN is proud of the strength of her people, but she has to admit that they are undersized. Whether she fights or not she would like to have taller men. Taller men are born of taller women, and the women are very short.

The Emperor of Japan has hit upon a plan that might almost look like a direct effort to accomplish a change in the Japanese figure. He has come to believe that what you eat, and especially what is eaten by the cattle whose milk you drink, has a lot to do with your height, and he has asked an American expert in cattle breeding, and one of this country's foremost authorities on dietetics, to go to Japan and tell Japan what it ought to do.

This expert is Mrs. S. T. Henning, of Allen-Dale, Kentucky. So that if Japan sends an army of giants to some distant war it might happen that a woman would be named as the responsible factor!

The man who is reputed to be the tallest officer in the Japanese Navy is Baron Uriu, who was member of the delegation which recently visited

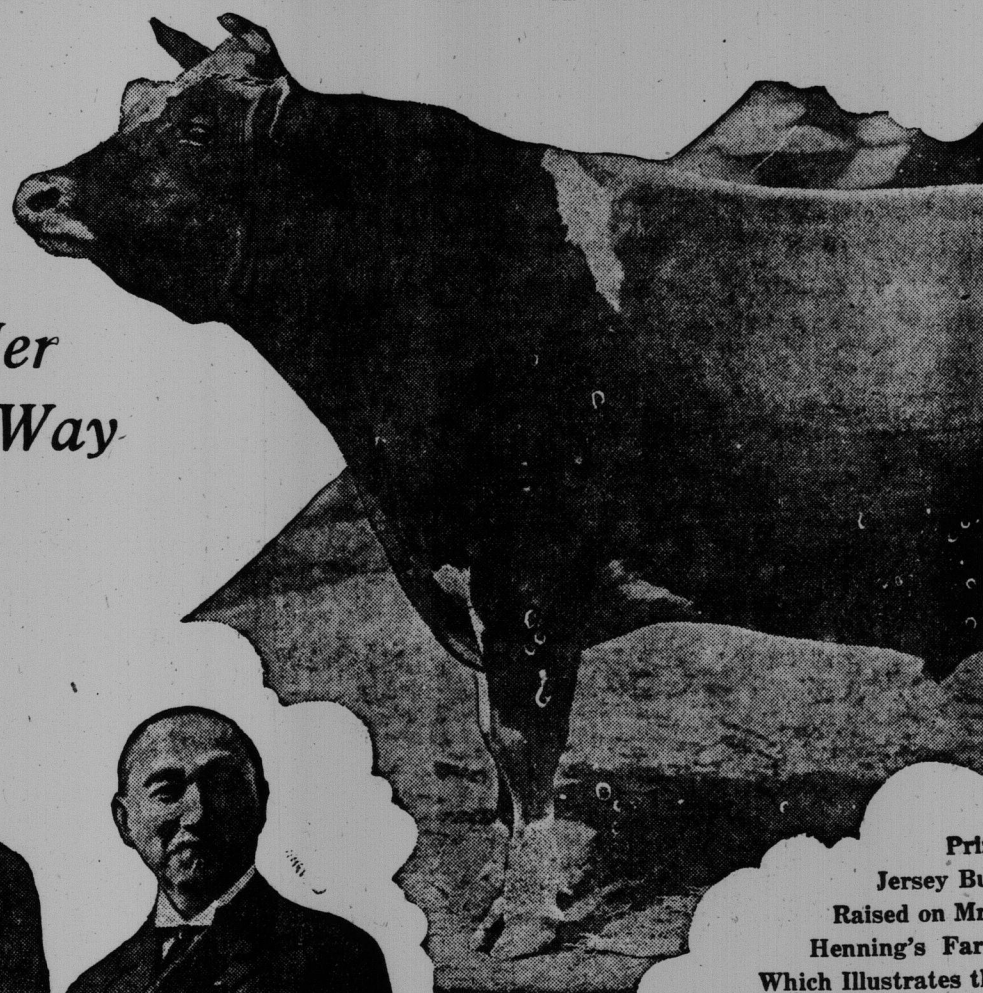
once spread over portions of Virginia, Tennessee and Kentucky, when Nicholas Merriweather accepted this grant of land from Charles II. in payment of a loan he had made the monarch and which Charles Stuart could not conveniently pay in any other way. And this is why the son of Nicholas Merriweather lies beneath the blue grass of Shelby County, where also sleeps Anne Polk, who married John Allen, of County Armagh, Ireland, then Keeper of Ammunitions in Virginia. The gallant soldier won this ancestral of President Polk at her home in Carlisle, Pa., and took her to that broad and beautiful land, known as Virginia, and from which so many states have since been carved. Their graves at Allen-Dale lie near those of their grandchild, daughter of Jane Polk Allen, one of the five sons of Anne Polk, and wife of Thornton Merriweather, grandfather of Mrs. S. T. Henning.

Cattle "Perfect in Beauty"

Descendants of the Merriweather family come from all parts of the country, once a year, to hold a family reunion at Dunbar Cave, in Kentucky, and here Mrs. Henning goes, dons her homespun costume, made for her out of her spring wool clip, which she sends to Berea College to be spun, and, if the weather be warm, puts on her common sense white shoes with an all-white costume and gives that energetic care to her herds which have enabled her to prove, during her fifteen years of Jersey cattle breeding, that this

Can She Teach Japan How to Grow Taller Men?

This Kentucky Woman Knows How to Breed Big Cattle, And Japan Hopes Her Secret May Point the Way to Bigger Men and Women.



Prize Jersey Bull Raised on Mrs. Henning's Farm Which Illustrates the Sturdy Type She Produces

Dalingerfield, his famous horses, both men and animals have a wide range over which they must travel; they are supplied with abundant limestone water; the valleys are sheltered by high mountains from cold and violent winds, and this shelter tends to develop size; undulating hills compel the exercise of all the body muscles and increase heart-power and lung development. Given all these advantages and, with them, the most nutritious milk, beef, grain and vegetables to be had, is it any wonder that men in this region grow tall and strong?

"It is these conditions that the Emperor of Japan wants to know about, and he wants me to tell him all I know about the topographical, water, soil and agricultural conditions which obtain in the locality where my cattle are bred. He wants to know exactly what process of feeding has been used in producing beef, butter, milk and by-products of such a highly vitalized nature as the kind for which Allen-Dale has received so many gold medals and awards. And he wants to learn the milk balastration in human diet by which the stature of Japanese men may be further developed through drinking a sufficient quantity of milk as well as by eating meat, grain and vegetables produced in a soil prepared to impart the greatest vitality to them.

Rearing an Essential

"Added to all the other essentials required for building stature and strength in men I feel that my argument in favor of range in physical development is a strong one. Even flat countries, where the men walk over great spaces and where vegetation and milk are also rich in nourishment, seem to produce tall men. I have noticed that natives of Gulf Coast plantations are, as a class, tall and well developed, and natives of cities in the same region are more or less stunted in height. This was true in localities where both city and country people drank only rain water, and goes to prove that range, independent of water, has something to do with height.

"But one can never fairly compare country people with those from a city where conditions of life do not encourage a sufficiency of either fresh air or exercise.

"Well-instructed mothers seek to balance the diet of their children. But do any of them learn whether the food provided comes from localities where vital properties are abundantly supplied to it? Numberless people cultivate their own gardens, but how many study the nature of the materials fed to the soil for its enrichment with a view to securing not only abundance, but vitality, in their garden produce?

"When as much care is given to breeding children as we give to breeding animals, the question of the source of their food supply will receive as careful attention as the quantity and balance of it.

"In considering the question of developing the stature of the Japanese race, the Emperor of the country will give due attention to instructing farmers how to restore nitrogen to impoverished soil by growing soy-beans—which flourish in Japan, and other legumes, such as vetches, field peas, alfalfa and clover. Lime must also be restored to the soil and alfalfa is an excellent grass for feeding cattle with a view to enriching their milk with phosphate of lime.

"I think," added Mrs. Henning, "that the maternal instinct in a woman is a potent factor in the successful breeding of animals. There is an innate sympathy between animals and a woman which makes them more adaptable to her management.

"As for increasing the height of Japanese men in this generation," concluded the woman to whom this notable task has been offered, "I do not think much can be done. But the children can certainly be made to grow taller by judicious feeding and exercise, adults are known to add a trifle to their heights by the same means, and there is no question that children of the succeeding generations of Japanese will be materially increased in stature if the Emperor of Japan carries out his present plans in this direction."



Admiral Albert Gleaves of the U. S. Navy and Baron Uriu, Admiral of the Japanese Navy, and Said to Be Their Tallest Officer. The Disparity Between the Heights of the Two Men Suggests One Reason Why the Jap Emperor May Have Commissioned Mrs. Henning.

years of our national life, Virginia was the presidential centre of our country.

"Of course it will be argued that the political situation determines the choice of men for the presidency, but it must also be considered that the state must first prepare the man. He must be virile of brain and body and this virility he owes to his native soil.

"As water is to the arid land of the West, so is lime to the agricultural soils of the East, Dr. Crilly states, and he adds that eastern farmers should plant alfalfa to get phosphate of lime into the milk, as animals which are fed on non-nutritious foods, such as corn silage, have weakened constitutions and impart weakness to human beings who feed on their products.

"I do not need to remind you that the blue-grass region of Kentucky is world-famous. Our meadows in the world. But I do not attribute the size and vigor of men and animals in this region alone to diet, any more than I think the stunted stature of men of Japan is due solely to lack of milk balastration in their diet. An island very close to Japan produces men of tall stature. No, in my opinion, vital as is diet in the production of perfect men, limestone water for bone construction and wide ranges for body development are also essential. Indeed, I consider range very important. In Shelby County, where I breed my Jersey cattle, and my neighbor, Col.

country to know what food and management will produce the best cattle and, through them, the most physically perfect men.

"You may, perhaps, have heard that a recent defeat of Yale University in athletic games was attributed to the meat, milk and vegetables of Connecticut which did not contain the strengthening properties included in meat, milk and vegetables from western states, where the soil is new and full of vitality and where, Dr. Eugene A. Crilly, chemical expert of Connecticut, says, the soil is best fitted to turn out athletic champions.

"Dr. Crilly goes further and states that undeteriorated soil is calculated to produce not only the highest physical but also the highest mental development, and it is to the newer soil of Ohio that he attributes the coming of so many Presidents from that state when, during the first fifty

type of cattle can be bred perfect in beauty of form as well as in production. It took a woman to hold and develop that theory. Men breeders looked only to the utility side of breeding. At any rate, Mrs. Henning worked along the line of joint utility and beauty and made herself world-famous as a breeder of livestock.

"The Emperor wishes me," said Mrs. Henning, at her apartment in a fashionable New York hotel, "to lecture on milk as the principal part of balastration for human food, as he thinks it will improve the stature of the human race to drink milk intelligently and a sufficient quantity of it. He also realizes that milk, to be efficacious in this direction, must contain the proper nutritive elements in the best proportion and, therefore, the feeding and raising of cattle must be thoroughly understood in Japan. He wants his



Allen-Dale Farmhouse, the Kentucky Headquarters of Mrs. Henning's Breeding Experiments.

Washington to promote cordial relations between the two countries. President Harding, Secretary of State Hughes and other Americans towered above him at the reception accorded this delegation. Admiral Uriu is shown on this page standing by Admiral Albert Gleaves of the American Navy. The disparity in their sizes, which is seen at a glance, is one of the reasons, no doubt, why the Emperor of Japan has commissioned Mrs. Henning to help Japan to make its people taller. Mrs. Henning has accepted the commission.

Romance, like the scarlet trumpet flowers of Virginia, clings about Allen-Dale, where, fifty-three years ago, the late Mrs. Thornton Merriweather, mother of Mrs. T. S. Henning, brought the first Jersey cow to Shelby County and founded what is now the strongest industry and largest source of income in that locality. Allen-Dale