

EATING TO FIGHT HEAT

BY WOODS HUT CHINSON, M.D.

Nearly everyone joins heartily and joyously in the familiar chorus: "In the good old summertime." But there is one group of chorists whose response is sometimes a little lacking in warmth and color, and that is the women-folk of the average farmhouse.

Especially if they have to wrestle with hired hands or summer boarders, or both!

For them the rare poetry of leafy summer is completely drowned by the clatter of dishes and the sputter of hot grease in the frying pan.

The scent of the lilacs, the spicy waft of the soft summer breezes may fill all outdoors, but in their kitchen prison these delicate perfumes have no ghost of a chance against the pungent aroma of onion stew and the sturdy, tireless fragrance of pork and cabbage.

What are the fitting songs of birds and the cool green rustle of forest boughs in orchard and woodlot to them, when their fifteen-hour-a-day job has run from fishing scores of red-hot doughnuts out of the sizzling crater of a stove volcano, to chasing an endless chain of slimy, slippery dishes through the greasy, lukewarm whirlpool of the dishwasher?

LIFTING THE CURSE OF EDEN. But now happily comes science to lift the curse of Eden. To lead cool, flowing water into the house to quench thirst, cool fever, wash away stains and sweep impurities down its sinks and sewers.

To bundle out murderous blazing monsters of coal stoves and bring in cool, blue-flame oil and gas cookers.

To build outdoor-bled kitchens and laundries for summer, and cool open-air eating porches.

To supply ice and ice boxes. To charm in the white magic of the electric current and harness it to laundry machinery and vacuum cleaners and dish-washing machines.

Last, but not least, to balance and enrich the variety of our foods, so as to get better health, more horse power and greater comfort, without perspiration to the eaters or agony and drudgery to the cooks.

It is quite a mistake to confuse or associate in our minds eating with heating. Contrary to universal popular impression, eating does not make us warm, even in summer.

The only actual rise of temperature it produces is a mere fraction of a degree, due to the warmth of the food and the muscular exertion of chewing and swallowing it.

Within fifteen minutes after the last gulp, you are as cool as you were before dining and much more comfortable.

The main brace of summer diet should be meat, because it is appetizing, stimulating, easily digested, helps other foods to digest and puts snap into work in hot weather as no other food—or drink—possibly can.

Of course, on account of its expense and high stimulating powers, it need not be taken in very large quantities.

The absurd old superstitions about meat being heating to the blood in hot weather, or producing uric acid, or causing gout and kidney troubles, had about as much actual foundation in fact as the belief that calves weaned in the decrease of the moon would bawl themselves to death, or that potatoes planted in the same phase of Queen Luna would run tall to top and form no roots.

The peoples who eat the hugest quantities of meat—the Australians, the Canadians, the New Zealanders and the Americans—suffer least from gout, uric acid, rheumatism and kidney troubles and have the lowest death rates and disease rates in the civilized world.

And have nearly twice the working power and general efficiency as well.

Eat all the meat which your appetite calls for in summer and you'll do your heavy work with half the effort and be 50 per cent. less liable to cholera morbus, summer dysentery, sunstroke and nervous depression or break-down than on the usual starch, cabbage, onion and fat meat diet of summer on the farm.

The only thing that can honestly be said against the free use of meat in summer is that it promptly turns part of its energy into heat and thus raises the temperature of the body. But this occurs only when we don't take plenty of muscular exercise. If we are working hard with our muscles, as always on the farm in summer, this surplus energy is promptly snapped up by our muscle cells and turned into horse power without heating the body at all.

The only danger of meat in hot weather is the "bugs" that may get into it. Keep it clean, surgically clean, so that very few "bugs" get on it. And keep it cold—icy cold—and you have sidestepped nine-tenths of your risks.

The same is true of milk, eggs, fruit and green vegetables. The best and truest sword to guard our stomachs and solar plexuses in summer is an icicle!

S.S. LESSON

July 28. The Council at Jerusalem. Acts 15: 1-35. Golden Rule—We believe that through the grace of the Lord Jesus Christ we shall be saved. Acts 15: 11.

ANALYSE. I. SHALL CHRIST BE SUPPLEMENTED? 1-5.

II. THE QUESTION REFERRED TO THE COUNCIL AT JERUSALEM, 6-11.

INTRODUCTION—The momentous First Missionary Journey of St. Paul is now over.



FOR HOME OR THE STREET. Plain-trimmed frocks have a free and easy smartness.

Cool and crisp are these two dainty frocks, which are unusually easy to make from one pattern. English print is used to develop the frock worn by the older girl and is very effective with its white organdy collar, cuffs and belt, which is tucked beneath the plaits and then at the back.

The small maid wears a frock of rose-colored chambray, with dainty edging of Valenciennes lace on the collar and cuffs of her short sleeves. Sizes 4, 6, 8 and 10 years. Size 6 years requires 2 1/2 yards of 32-inch, or 2 yards of 36-inch material. Price 20 cents.

Home sewing brings nice clothes within the reach of all, and to follow the mode is delightful when it can be done so easily and economically by following the styles pictured in our new Fashion Book.

Bedtime Stories

THE BIRD'S STORY.

Do you know what a little bird told me to-day? I'd never have dreamed it, my lad, that a brave, manly fellow would throw clear away His courage and manliness, even in play. But a little bird told me you had.

THE SURGEON AND THE DOG.

Dr. S. was the "last word" in surgery in N. One morning his daughter found a dog which had been injured by the trolley and brought him to her father.

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The gospel has been planted in Antioch of Pisidia, in Iconium, in Lystra and in Derbe. The missionaries return to Syrian Antioch, from which they had been committed to the grace of God for the work which they had fulfilled.

But now a serious controversy breaks out at Antioch. Its cause lay not within, but without the great missionary church. To understand the present lesson we should first read the second chapter of Galatians.

St. Paul saw that a great principle was at stake, and he acted promptly. For years he had insisted that surrender to the crucified Redeemer was all that was necessary for salvation: from which it followed that no partition-wall must be suffered to exist between Jewish convert and Gentile convert, for all were one in Christ Jesus.

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V. 1. The interference of the Jerusalem Christians at Antioch is natural and understandable. They had been brought up in the strict practice of Judaism, and they did not see how any one could be a Christian who was not also an observer of the ancient laws and ordinances.

Free as Air.

All of us know of people who sell the farm, stock, household goods, everything they possess, and move somewhere in search of health. We know of people who spend a fortune on patent medicines. We know of those who journey a thousand miles to some famous hospital.

Ducks' New Diet.

Lead poisoning from eating bird-shot deposited in the mud of shooting grounds is a malady that has become quite prevalent among wild ducks in the United States, says the Biological Survey.

White Clouds, whose shadows haunt the deep.

Light mists, whose soft embraces keep The sunshine on the hills asleep! —Whittier.

NOW WE GET PEOPLE TO BUY AT OUR FRONT DOOR

BY HELEN S. F. WILLCOX.

Our farm is on a much-travelled provincial road. We made up our composite family mind that we certainly wouldn't be any worse off to sell what we could at the farm than to give away the labor of months to the unsympathetic greener or bulk dealer.

We hung out our shingle and diffidently awaited the passer-by. The latter duly rushed past, reading our prominent sandwich board as he went, gave his broken everything they had—and in a satisfying number of cases backed up to the roadside market.

We have been surprised to see the number of markets which lack eye-taking signs. We have finally settled on its own twin ends—each side facing the approaching driver. You hardly ever see a sign reading from both directions as it should.

A driver detests stopping. It is a big point to be on a straight road, as we are, where sign and produce can be seen a quarter of a mile away.

Because prices are constantly changing it is better to tack white cardboard on to your foundation and letter new prices each time, rather than use a blackboard and chalk.

But did not observe the external purification of the Jews, God had given them an inward principle of purity, "cleansing their hearts by faith." This said Peter, was the real principle to be insisted upon.

V. 10. To go further, and to insist on placing the whole burden of Jewish ceremonial on the Gentiles, was nothing less, therefore, than to tempt God. Even the Jews had found the ceremonial law a weary and often unintelligible "yoke," which they were not able to bear.

V. 11. After all, as Peter said, the Jewish Christian, as much as the Gentile depended absolutely on the grace of Christ for salvation. He had transferred his faith from temple and law and sacrifice to the dear merits of the Crucified One.

Shaded Wallows for Hogs.

A good wallow is essential to the health and comfort of the hogs in warm weather, and shade is an absolute necessity, if we are to hope for satisfactory gains.

This shade and wallow does not involve very much expense; in fact, the one which is described in following paragraphs was built in a short time and has proved well worth the trouble.

The roof is a frame of posts with old hog wire stretched over it and the whole covered with grass and brush.

This shade has been in use two years already, and we will have little to do on either roof or wallow this summer other than add oil to the water, drain it occasionally and add more brush or grass.

Method of spraying—In spraying for leaf-hoppers and berry moth, it is necessary to spray upwards, to spray both sides of each row, to use liberal quantities of material and to make every effort to thoroughly cover all the undersides of the leaves and all the fruit.

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Experience is an expensive teacher; therefore profit by the experience of others.

White clouds, whose shadows haunt the deep, Light mists, whose soft embraces keep The sunshine on the hills asleep! —Whittier.

When boiling a cracked egg add a teaspoonful of vinegar to the water and the egg will not come out of its shell.