

HYGIENE OF DIET  
ITS IMPORTANCE

On This Science Rests the Health of Future Generations.

THE NECESSITY OF OXYGEN

The Various Ways of Stimulating the Appetite—We of the Temperate Zone Consume Both Meat and Vegetables.

Coding under any circumstances is usually a mystery. Nature and says that the treatment of tuberculosis by fresh air and good diet is now thoroughly recognized as the most beneficial one, and everywhere sanitariums conducted on these principles are springing up. But it should be remembered that if proper care is not taken, when young, there would not be the need of sanitariums there now is, as in many instances the seeds of consumption can be eradicated by judicious bringing up. It is a fact, both instructive and interesting, that in many of the coldest portions of the globe, as in Alaska, Norway and the men, who in the Arctic regions, although they undergo exposure of every description, never suffer from cold, but so soon as they set foot on their native shores of Norway than they one and all caught cold. The experience of other Arctic explorers is the same.

As is well known now, the hobby of the writer is hygiene and all that pertains to it. Upon this science rests the health of all generations to come, and truly it merits all the study that we can give for once again bringing it before the public, and we shall begin this article with the hygiene of diet, passing thence to a consideration of the parts that air and then food play in it.

BUILDING AND WASTE.

All living animal structures undergo waste, also by atoms which renders it necessary that there should be constant present new vitalized materials in the fluids of the body to replace materials lost, thus maintaining the integrity of the tissues.

During the state of growth and development, the amount of food assimilated must necessarily exceed the amount of waste; but in adult life, the amount taken in each day should be nearly as possible, equal the amount lost. "Diet" is considered by the people to mean the amount of food, solids and liquids, taken into the stomach. It should include the amount of air taken into the lungs of the lungs. No satisfactory repair of tissue can take place which is constantly undergoing disintegration, except with a suitable supply of healthy blood, and healthy blood is the product of thorough aeration and proper food. Diet, then, is its proper relation to body change, should mean the air we breathe and the food we eat and drink. When air is breathed its oxygen passes into the blood, while carbonic acid, watery vapor and a trace of ammonia pass out, in the process, changing from the dark purple blue of the veins to the scarlet of the arteries. In the tissues, as muscles, etc., the reverse occurs, the blood giving up its oxygen to them and taking the carbonic acid formed as a result of oxidation.

NECESSITY FOR OXYGEN.

So essential is life to the proper amount of oxygen that, even for a short space of time, man cannot exist without it. It becomes as necessary for each individual to have a sufficient amount of pure air for the lungs as an adequate supply of pure food for the stomach. Without a

sufficient supply of the former the digestive organs cease to make use of the latter. Habits of dress, life and living influence the quantity and quality of air respired, as do also age, sex, exercise, etc. In women the habits of dress afford too much restriction to the free play of the chest. In men, various habits of life, exercise and alcohol, both sexes are placed under a great disadvantage in breathing and rebreathing the vitiated air of ill ventilated and uncleanly homes and crowded shops.

IMPORTANCE OF DIET.

In strictly considering a diet, we should eliminate all substances which directly would not conduce to the upbuilding of the system. In disease this is often done; but in health we may depart from the hard and fast line to stimulate the entire weight of certain materials which "tickle the palate." For by that means we indirectly aid digestion and assimilation, by stimulating the appetite. The foods of nations vary, even in those countries situated in the same zone, much more does the food vary with the climate. We recall in disgust at the blubber of the Eskimoes; but consider the larger amount of fat we ourselves consume in winter and our disgust is toned down. Nature cries for fat in the tropics, appetite requires stimulation, the various peppery sauces, curries, etc. No such food is required, but what is taken must be highly seasoned, and vegetables are the chief articles. We of the temperate zone consume both meats and vegetables. Man requires a mixed diet. Vegetables are at times indicated in certain morbid conditions; at other times meats are indicated; but normally, man is non-vegetarian, for he begins the first years of his life on animal food—milk. National diet does not place limitations on food that teach that benefit can come from limiting mankind to any particular kind of food. We conclude, therefore, that diet is governed by age, health, climate, and livelihood. Some of these conditions will be spoken of at length in the next article.

SUIT OVER A WILL.

Miss Bettie Lipscomb Contests Mr. Corr's Last Document.

An interesting case will be tried before Judge T. B. Wright at a special session of the Circuit Court of King William county next Tuesday. It is the case of Miss Bettie Lipscomb, a lady much younger than her husband, who was left by her husband, Mr. George Corr, one of the wealthiest men in King William, died a few years ago, leaving a large estate. He was over eighty years old, a widower for many years, and left no children. Some years before his death he made a will in which he left a large portion of his estate to Miss Bettie Lipscomb, a lady much younger than himself. She was his daughter-in-law.

About a month before Mr. Corr died he made a new will in which he included Miss Lipscomb only \$10,000. This paper was admitted to probate. Miss Lipscomb is contesting the validity of the last will, alleging that Mr. Corr was not in his right mind when it was made and that undue influences were used to make him sign it. Messrs. George P. Haw and Henry R. Pollard represent Miss Lipscomb and Messrs. Robert T. Lewis and Westcott & Kelley, of Richmond, and Thomas H. Edwards, of West Point, will appear for the executor of the will. The last will will be invalid, then there will be no proceedings with reference to the validity of the first will.

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NEWS OF HORSES AND HORSEMEN.

The Virginia Agricultural Society's Race Meeting.

IT WAS HELD AT NORFOLK.

And Good Sport was Furnished—Sale of Gould Hill Farm Trotters and Other Items of Interest.

The annual spring race meeting of the Virginia State Fair Association, which began at Norfolk on Tuesday, the 16th instant, and closed on the following Friday, was favored by ideal weather, and good feeling of horses competed in the different contests, furnishing a very fair order of sport. The attendance fell far short of what it should have been, considering the efforts of the management to furnish interesting and enjoyable racing. Two harness races and one or more for runners made up the card for each day. Directed by W. E. Dixon, secretary, and John Mariner, treasurer and general manager, affairs moved smoothly. The public, who were well pleased with the treatment accorded them, James Culbertson acted as starter.

For Tuesday, the opening day, quite an attractive programme was presented, and the 2 1/2 mile trotting, and the 3 1/2 mile pacing, furnished interesting contests. It required four heats to decide the former, of which Dot took the first and Almonite the second, third and fourth heats. Time, 2:37 1/4, 2:34 1/4, 2:32 3/4, 2:31 1/2.

In the summary Almonite stood first, Dot second, Astello third and Guy Fly fourth. The non-money winners were Secretary H. B. Albertson, who made a splendid race, and the second, third and fourth and race to S. A. Paddock's Maximilian, by Tom Hall. Time, 2:37 3/4, 2:35 3/4, 2:34 1/4, 2:33 1/4. Secretary H. B. Albertson and May Wilkes fourth, while the non-money winners were Bradne, Lady Moyle, Mike Dunn and Kelyva. A couple of running races completed the day's programme.

For Wednesday the card was made up of two harness races and a like number for runners. The 2 1/2 mile trotting, was first called and won in straight heats by Dr. O. H. Albertson, of Jersey City, N. J., who defeated Archie W. by Tom Seay, Irene took second money, Hubert third and Frank Wy fourth. Time and 3/4, 2:45 1/4, 2:43 1/4, 2:42 1/4.

On Thursday the 2 1/2 mile trotting, was first called and won in straight heats by Princess Pauline, Miss Childers taking second money, H. B. Plant third, Guy Fly fourth, while Birdie Laron, Claiborne and L. Louisa were behind the money. Time, 2:37 1/4, 2:35 1/4, 2:34 1/4, 2:33 1/4. The 2 1/2 mile pacing, was first called and won in straight heats by a couple of running races completed the day's programme. The former race was won by the 2 1/2 mile pacing, time, 2:47 1/4, 2:45 1/4, 2:44 1/4, 2:43 1/4. Wilton Boy stood for second money in the summary, Calwood Fox third and Frank Wilkes fourth.

At Lakewood, Chicago, on the 15th instant, Brax Lad, by Elm, out of Ivesant, defeated Hot Scotch, McAibert and four others, while on the same day and track at a mile in 1:43 1/2, defeating Hobart, Kenmore Queen and Negrans. Five days later, at Lakewood, Brax Lad again won seven furlongs, time 1:31, defeating Meddler, Donna Rita, Myth and three others.

Mr. James A. Graham, of Gould Hill Farm, has bred a grand four-leaf clover, which was a four-leaf clover at a mile in 1:43 1/2, defeating Hobart, Kenmore Queen and Negrans. Five days later, at Lakewood, Brax Lad again won seven furlongs, time 1:31, defeating Meddler, Donna Rita, Myth and three others.

At Ottoburn Farm, Louisa, Va., the property of P. R. Hunter, Noma, thoroughbred daughter of Leonatus and Vexation, by John Morgan, foaled on the 22nd of Dexter Prince, which is large, well-formed and handsome.

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The gray stallion Iron Bar, 2:14 1/2, consigned by Mr. John L. Lindsay, of this city, to the recent Fast-Dinton sale at Cleveland, and purchased by John McCreary, of New York, has been sold by the latter to M. E. Reid for use on the Harlem River Speedway. Mr. Reid owns the well-known Madison Chief, 2:17 1/2, and will drive Iron Bar to note with that speedy son of Madison Wilkes. Mr. McCreary paid \$200 for Iron Bar, and said he will give \$250 for a similar colt, advanced through four years ago Mrs. Lindsay re-

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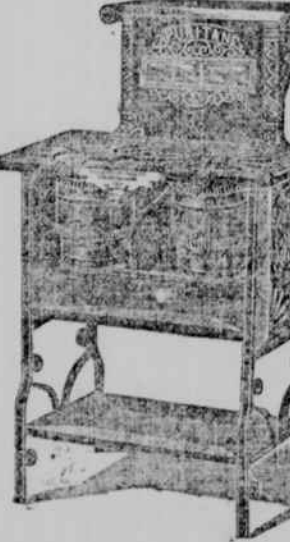


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used an offer of \$5,000 for the gallant gray son of Temple Bar. The fast and richly bred stallion Stamboul, 2:07 1/2, out of Biscuit, by Director, was recently sold by Dr. O. H. Albertson, of Jersey City, N. J., to W. W. Broderick, of the same city. Reported price, \$2,000. Under the name of Bodo, this son of Stamboul is purchased as a yearling by Mr. John L. Kemp, of Norfolk, Va., for \$1,000 at public auction in New York city, who later on disposed of him, after which he trotted to his record.

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