

THE FIVE SENSES.

A teacher tells of an incident in a primary school examination over which she presided. One of the questions was with reference to the five senses, and a bright pupil handled the subject this way:—

"The five senses are sneezing, sobbing, crying, yawning, coughing. By the sixth sense is meant an extra one which some folks have. This is snoring."

A BACKSLIDER.

An old negro was brought into a police station charged with vagrancy.

"Law, mistah, I ain't no vagrant! I's a hard-workin' religious man. Look at dose!" And he pointed proudly to the large patches ornamenting the knees of his trousers. "I got dem from prayin'!"

"How about the patches on the seat of your breeches?" asked a policeman.

The negro looked sheepish for a moment, then:

"I reckon I must have got dose backslidin'," he said.

"FRUITFUL."

The inspector was paying his annual visit to the village school and was putting the children through their paces.

They did quite well until he asked them the meaning of the word "epidemic." Nobody knew, so he had to help them out.

"An epidemic is something that spreads. Now, can anybody give me an example of an epidemic?"

There was a long silence.

"Can no one tell me?" asked the inspector at last. "Remember, something that spreads."

Then came a small voice: "Jam, sir."

SMILE RAISERS.

"They tell me you love music."

"Yes, but never mind; keep on playing."

"You say you're looking for a cashier? Why, I thought you engaged one just last week?"

"I did; that's the one I'm looking for!"

"Now, Bennie, can you tell me what an island is?"

"Yes, ma'am. An island is a place you can't leave without a boat."

Willie: "Father, what is an egotist?"

Father: "An egotist, my son, is a man who tells you those things about himself which you intended to tell him about yourself."

A teacher had been talking to the class about the guinea-pig and describing it, observed: "It has no tail to speak of."

Later the pupils were requested to write an essay on this animal, and the following is an extract from one paper: "The guinea-pig is a small animal covered with fur. It has a tiny tail, but you must not speak about it."

Science Siftings

(By Volt)

A Few Words About Vitamines.

What do vitamines do? How do they protect us against enemy bacilli? How promote growth?

Science, convinced of the use of vitamines, is now seeking reasons. The present trend of opinion is that our life-processes are guarded by the secretions of the so-called ductless glands—the thyroid, adrenals, the spleen, the pituitary body in the brain—and that vitamines help these glands to function. This help is best supplied through diet. Seek proof in an instance.

A man went for the Red Cross to Roumania. The Austrians had driven off all the cows; the national diet was a sparse ration of oatmeal and a thin soup made of bran and vegetables. Eye-diseases were common among the children; many were blind. The man heard that up in Archangel they had docked a vessel laden with evaporated milk. He bought the entire cargo; its vitamines saved the Roumanian babies.

We must eat to live—but if we eat carelessly we may eat to die. What must we eat to live?

The Magic Power of Milk.—The fat-soluble life-guard is widely distributed in Nature. Spinach alone, even after drying, gave rats enough to live on. But it perishes if kept an hour at water's boiling-point and is sensitive to that beating which is important in preserving. As for the water-soluble life-guard, it also is present in nearly all leaf vegetables.

But can one get enough of these vitamines in green foods to ensure all that is necessary to physical well-being and advancement? No.

Therefore, Time's revised food-creed begins: "Drink more pure milk!"

The human stomach cannot accommodate as much green food as the cow's seven, and she passes her store on to you in milk. Earth's little peoples, like the Japanese, are dwarfed, the scientists declare, because they do not get enough milk and milk's fat-soluble vitamines. No other food so completely supplies the deficiencies of a diet of seeds and their products. And, unless one wants to continue to suffer from malnutrition, there is this to remember about grains:

Flour that has been bolted and sifted is like the rice that has been polished. Its vitamines have been "refined" away for cattle fodder. Countries which were free from deficiency diseases like scurvy and pellagra before the introduction of refined flours have been known to develop such diseases since highly-refined flours were introduced. In grain, the vitamines lie close to the husk's outer layer, and this outer layer is what the modern milling processes tear away.

That does not ban bread. Bread made from properly prepared flour—that is, flour in which all or a large proportion of the entire kernel has been preserved—is a vitamin necessity. It has been proved that the diet choice of the human family is, in many instances, based on a sort of subconscious sense of what the human system needs, and bread has long been the chief among these instinctive choices.

As Appetite Promoters.—Ever since the discovery of vitamines, scientists and dietitians have noted loss of appetite among the symptoms indicative of vitamin deficiency in the human body. And now, thanks to careful checking up on the part of tireless investigators, it is well established that these invisible life-guards actually play a large part in promoting appetite.

It has been found that animals fed on a diet deficient in them have invariably suffered loss of appetite, even to the point of absolute refusal of food. Yet as soon as vitamines were added to the daily food portion, appetite began to return, and so long as these elements were present, remained at normal.

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