

YOUR EATING
HABITS ARE
IMPORTANT

STRENGTH FOR THE DAY

By John Crowder

It is an established fact that proper eating habits are one of the most important factors governing good health and successful living.

Many of us never realize even a fraction of all the many serious complications that can be the result of unwise eating habits. We all know that same people who eat food containing more calories than their bodies utilize have a tendency to become overweight. Obesity or excess body weight is a very serious medical problem and it in itself has many dangers which most of us have heard or read about. For instance, we all know that the fat person's heart is overworked. We have heard that he is more apt to develop liver disease, kidney disorders, hardening of the arteries or many other types of heart disorders than his slimmer colleague. We know that he is unable physically to do many of the things that he would like to do and that he becomes fatigued more quickly than those people with normal body weight.

However, a discussion of the dangers of obesity is not the purpose of this article.

It seems that some of us do not realize the wonderful opportunity we have to buy, at a very reasonable price, a well balanced meal in our cafeteria. Our cafeteria is operated at a substantial financial loss for the benefit of us, the employees. For a very small sum we can get a meat, two vegetables, a green salad, pie and milk. This constitutes a well balanced meal for the average person. Some of us do not take advantage of the opportunities we enjoy in our cafeteria and we are content to grab a coke and "nabs", candy bars, pie and ice cream, cake, corn bread, etc., in the canteen for our lunch. We end up spending more money and we have received only a small portion of the essentials which should be included in our daily diet. Or we try to save money and time by bringing our lunch. This is fine *if* it is the proper lunch—but it will never serve as well as a well prepared, balanced meal. Eating properly in hot weather is extremely important. We should watch closely our intake of fluid and salt. Scientific eval-

uation by medical authorities has proven that more than 85% of our body weight is water, with the proper balance being controlled mainly by the sodium in salt. With this in mind, the importance of proper balance becomes more apparent.

Many of the tired, "knocked out" feelings we have may be caused by improper eating—by too many or not enough "sweets"—or too much water and not enough salt or vice versa. The human body is a remarkable adjusting machine but a great number of people overtax their gastro-intestinal tract, their kidneys, their liver and gall bladder, their water balance mechanism, etc., and will eventually suffer because of it. Either of our doctors will be more than happy to discuss water and salt balance with any employee who is interested.

Here are a few hints which may prove helpful during the hot months:

1. Dress lightly.
2. Eat sensibly.
3. Bathe daily. This will not only refresh us but it will also help prevent or control many skin irritations such as athletes foot, heat rash, complications from sunburn and poison oak, and various other skin diseases which are more prevalent during the summer months.
4. Try especially hard to keep the proper balance between water and salt intake. This is very important if one perspires profusely.
5. Don't allow yourself to be exposed to too much sun at once. Ultraviolet rays are very dangerous when absorbed excessively.
6. Try to refrain from becoming over fatigued.
7. Take time to get your required number of hours' sleep each night.
8. Drink only the water that you *know* is safe. Avoid water which has any possibility of being contaminated.