

Lose 20 Per Cent Of Body Water And Death May Result

At Most Life Can Go on Only Few Days Without Water

The importance of water in nutrition is a subject frequently overlooked or minimized by most nutritionists. However, water has a greatest importance to life than any food. In fact, it is second only to oxygen in importance.

Life can go on for weeks without food but at the most only a few days without water. When a person fasts, 100 per cent of body fat is lost and approximately one half of the protein before death occurs, but loss of only 10 per cent of the body's water results in serious physiological damage. Twenty per cent loss results in death.

Importance of Water
Why is water so important to living things,

As early as 1855 Claude Bernard, the great French biologist and physiologist said, "All living things live in water." Each cell in the body is not only filled with fluid but is surrounded by fluid. Each cell acquires its food by absorbing it through the cell wall from this surrounding fluid. It returns to the fluid the waste products it produces during its growth. If sufficient water is not provided, the concentration of foodstuffs in the fluid changes. Absorption of the food through the cell walls in exchange for waste products then becomes impossible, and the cell dies. Consider that every cell in the body is dependent on this process for life and the true import of water can be seen.

The requirement for water is often increased in disease by reason of excessive wastage through increased kidney, bowel, and sweat activity, and often times hemorrhage. Lactating women require more water ingested to make up the loss through milk.

No Water Stored
The body does not store water even

though excess quantities are consumed. Since this is true, it becomes necessary to assure a daily intake equal to the day's losses. When you consider that 2 to 3 pints of water are excreted from the kidney of normal persons each day and a similar amount through respiration, the volume needed for replacement begins to assume sizable proportions.

Water enters the body in three main forms; water in potable form by itself; water contained in soups, coffee, tea, milk, gravy and other foods; and that which is chemically produced in the body in the process of assimilation and utilization of foods.

As the normal body loses from 6 to 8 pints of water each day, it is necessary that at least this amount be ingested from the three sources about to maintain the proper fluid balance and thus help to keep in good health.

HEALTH FOR ALL

DRUGS AGAINST TB.

Ever since the discovery in 1882 of the germ which causes tuberculosis, an intensive search has gone on for a drug which would effectively combat TB, a disease which kills more young adults between 15 and 35 than any other disease, though no drug which will cure tuberculosis has yet been found.

Certain drugs in recent years, however, have proved of great help in treating certain types of tuberculosis. Outstanding among these drugs is streptomycin.

Streptomycin is neither a specific TB cure nor a substitute for the bed rest which is basic in the treatment of tuberculosis. Instead, it serves as a support to nature, impeding the growth of TB germs so that the body can concentrate its forces on fighting the disease.

One major difficulty in the use of streptomycin is that fact that some TB germs develop a resistance to the drug. To counteract this, streptomycin is usually used today with another drug. The drug of choice is usually PAS, or para-aminosalicylic acid, which appears to delay the development of resistant germs. PAS, of it-

Here's the Dope



self, has some power against the multiplication of TB germs, but at present its main value seems to be in combination with streptomycin.

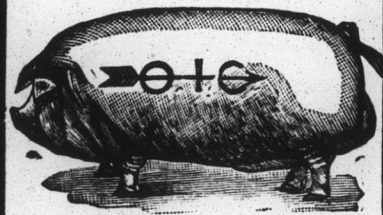
The doctor is the one to decide whether or not drugs should be used in the treatment of each patient. However, there are two severe forms of the disease for which the use of streptomycin is almost invariably indicated: tuberculosis meningitis and military tuberculosis. Both forms of the disease were practically 100 per cent fatal before the discovery and use of streptomycin.

So far, there is no "sure cure" or "magic cure" for tuberculosis, in the form of a drug or otherwise. The discovery of a drug which will kill TB germs swiftly and surely, once they attack a patient, lies in the future. At the same time, progress made in that direction within the past decade holds out every hope that such a drug may be found.

Chivalry

He neglected to hold her arm while they were crossing a busy street, so she asked, "Where's your chivalry?" "Oh!" he replied, "the dealer has it. I'm trading it in on a Buick."

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SPORTS AFIELD

By Ted Keating

"Deerproof," "foxproof," "rabbitproof," are all familiar expressions with hound fancier and when a hound consistently proves he can live up to one or more of them his value grows and grows.

Nothing is more exasperating to the fox or coon hunter than to have his hounds run rabbits, unless it is for them to go off on a futile chase of deer. To break a fox or coon hound of running the wrong game is sometimes a difficult task. But it is not impossible in the vast majority of cases.

The use of game scents, or musks, in the "proofing" of trail hounds against undesired game is growing. It is painless, easy to administer and generally quickly effective. To get the dope on the use of these scents Henry P. Davis, one of our top dog writers, went right to the man who probably knows most about them.

That man is Pete Rickard of Cobleskill, New York. Through years of experience he has found that the simplest way of using scents is the best. He makes scents for the proofing of dogs against deer, coon, fox, rabbit

and porcupine.

Davis asked Rickard about the use of steel traps with the scent (the jaws wrapped with scent-impregnated cloth) and the system of applying the scent to a sack over the dog's head for several hours. They also discussed other methods of forcefully breaking the dog of running tabooed trails.

"I don't recommend the use of force in any form," said Rickard. "There is no necessity for it at all when the scent is properly applied, and whipping the dog for running the wrong trail may make him afraid of any kind of trail.

"All that is necessary is to apply a little scent each day around the ears and head of the dog. The scent is quite powerful and soon becomes so obnoxious to the dog that he wants no part of it, either at the home kennel or in the field.

"A great many of the dogs so treated respond quite quickly, requiring only about four day's treatment. But we recommend an occasional supplemental application for a while, particularly during the hunting season."

17,482 Permitted To Drive In February

Driver license examiners of the Department of Motor Vehicles issued 17,482 operator's permits in February. Of the total 2,838 were duplicate operator's licenses; 842 original chauffeur's licenses; and 1,755 renewal chauffeur's licenses. They issued 11,849 original operator's permits and collected \$63,893.81 in fees. During the month the examiners reported 416 suspensions and 1,160 revocations.

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