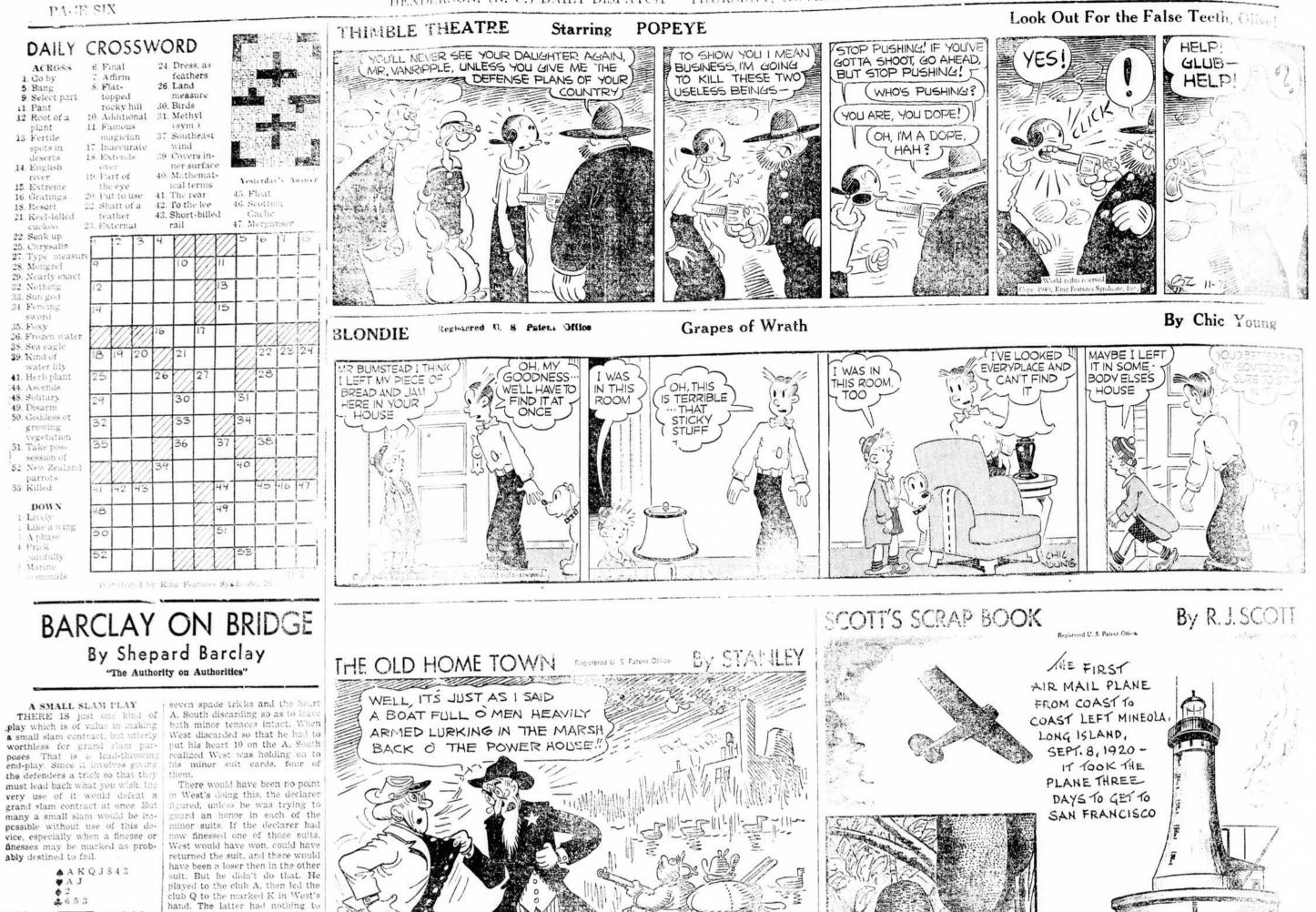
HENDERSON, (N. C.) DAILY DISPATCH THURSDAY, NOVEMBER 7, 1940

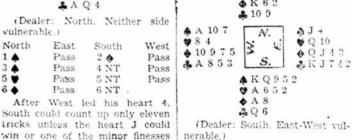


two tricks. . . ▲ 863 • K J 9 7 :

Tomorrow's Problem

return but a diamond, so the A

and Q of that suit took the last



♠ 10 6 2

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N.

OK 93

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win or one of the minor finesses would work. So he played the heart J and East covered with the deal and North 2-Hearts, what Q, the K winning. Then came 'should South do?

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Meat Is No Villain In the Diet Story

By LOGAN CLENDENING, M. D.

• We were all startled a few years ago when the famous explorer Mr. Vilhjalmur Stefansson told the scientific world that he had lived in the Arctic for nine years on an exclusively meat diet and that at the end of that time his health was unimpaired, hi blood pressure not raised, and that there was no evidence of injury to his kidneys. Certain New York professors of

Dr. Clendening will answer questions of general interest only, and then only through his column.

medicine refused to credit this, said it was due to the climatic conditions under which the experiment was carried out, so Mr. Stefansson agreed to put himself in their hands and stay in New York on an exclusively meat diet, which he did for two years, and the professors were honest enough to report that his original contentions were perfectly true.

Contains Proteins

These and other experiments have made all doctors feel that meat is not the base villain it was proclaimed to be, and that it could not only be admitted to the diet safely but even contributed some benefits.

Meat has been found to be of importance in the diet of young and old because of its rich store of adequate proteins. While proteins are contained in many foods, not all proteins are alike, nor do they have the same nutritional value.

Proteins build and repair body tissue. Adequate proteins are required for the maintenance of muscular tissue in a.'ults. Children, because of the a ided need of proteins for growth, require more in proportion to body weight than grown-ups.

Proteins are complex substances, made up of a number of individual units technically known as amino acids, the "build-

ing blocks" of the body. About thirty such amino acids have been identified. The work of nutritional chemists has shown that ten of these thirty cannot be made in the body, or at least not in as great quantities as the body requires. These ten can be obtained only by eating the protein foods in which they are present. With-out enough of these ten essential amino acids, growth is retarded and a state of poor nutrition will develop. The proteins which supply them are known as adequate proteins.

Easily Assimilated

The proteins of ment supply liberal amounts of all amino acids needed. Thus they are completely adequate proteins. Meat is easily digested, and its amino acids are promptly used by the body for growth, for the repair of the everyday wear and tear of tissue, and for the formation of important gland secretions.

These quite incontrovertible facts are the basis for the state ment I made that meat even has some advantages in the diet. Vegetarians it is true get these adequate proteins from milk and eggs (if they are not total vege-tarians) or from peas, beans and nuts, but not as economically

from the standpoint of body nutrition or as certainly as from meat.

EDITOR'S TOTE: Dr. Clendening has seven pample as which can be derived by readers. F a pamphet selb for 10 cents. For any a maphetic derived, send 10 cents is soin, and a self-address standard to cannot with a threader self-address standard. in ca. "Thre Lorrin Clendening, The pamphlets are ; in ; Diet", "Indigest "Reducing and Ga ing", "Instructions on and Const ing", "Instructions for the Diabetes", "Feminine Hypi Care of the Hair and Skin





