

## FOOD THAT MAY KILL

Meals Taken Under Certain Conditions Are Dangerous.

THEY SIMPLY BREED POISON.

One Should Never Eat When Hurried, Excited, Angry, Anxious, Grieved, Worried or Shocked, For at Those Times Digestion Cannot Take Place.

A wise man has said, "Circulation follows attention." That is, whenever there is need for the activity of any function the organ which performs that function receives an increased flow of blood. For instance, a man has taken a long walk and arrives home tired and ravenously hungry. As he enters the house he catches the aroma of cooking food. What happens? Why, to use a vernacular phrase, "his mouth waters." The attention is directed to the need of eating, and the organs engaged in eating and digestion at once begin to get a greatly increased supply of blood.

It is out of the blood that these digestive organs manufacture their various fluids by which each organ accomplishes its special part in the work of digestion; so when an increased quantity of blood is poured into them each organ begins at once to make large quantities of its peculiar fluid.

The salivary glands are in the mouth, under the tongue mostly, and when a greatly increased quantity of blood is sent to them they at once elaborate and pour out into the mouth a portion of their contents; so the hungry man who smells the odor of cooking food waters at the mouth. Thus the mind governs the body.

Now, the action of the glands of the mouth which produce saliva is exactly like the action of the glands elsewhere in the body which produce gastric juice, pancreatic juice, bile and other fluids, through the associated action of which the process of digestion is carried on. When the hungry man smells the aroma of food there is a rush of blood to all the digestive organs, mouth, stomach, small intestine and liver. As a result of this increase of circulation there is suddenly poured out more digestive fluid, not only saliva, but the others as well. The gastric juice begins to flow, the pancreas and liver get ready, and the entire digestive system is prepared and able to take care of any food which is reasonable in kind and quantity.

The point of greatest importance in all this is that these fluids are poured out only when the mental condition is right—when there is in the mind a desire for food. If there should be any feeling of disinclination for food, if there should be even an indifference to food, the food taken under such circumstances would not and could not be properly digested.

If there is in the mind any feeling other than desire for food, if just previous to eating or while eating anything should occur to disturb or distract the mind, then there would be immediate derangement of the circulation. Under these circumstances the blood would be withdrawn from the digestive organs and the elaboration of the fluids of digestion would cease. Then, of course, the body would be in no condition to receive or digest food.

Suppose that our friend returning from his long walk greeted at the door by the odors of fragrant viands a few moments later is handed a telegram informing him of the sudden death of his only son in a distant city. What happens then? At once there is a profound change in the circulation. The blood which a moment previously was massed at the stomach and other organs of digestion, all ready to take care of the meal, is at once switched off to the brain. The man flushes and then pales. His muscles lose their power. He drops into a chair. Perhaps he weeps. Hunger? It is the last thing in his thoughts. "I cannot eat!" he cries. "Oh, my son, my son!"

And the same perversion of the circulation occurs in anger, anxiety, worry, jealousy, haste, excitement or any other state of mental pain or inquietude. All these conditions simply put the digestive organs for the time "out of business." Food taken under such conditions cannot possibly be digested. Instead it will ferment, putrefy in the system and will be the cause of discomfort, of disturbed function, of disease, perhaps of death.

Does this seem extreme? Let me tell you a story. A great, strong, big breasted, energetic man comes in from a day's fishing. He is delightfully tired, "hungry as a bear." At the hotel he finds waiting for him a telegram, bad news. He says, "I can't eat." His friends persuade him. He eats a hearty meal. In two hours he is dead. It is a true story. I know of a score of such cases.

And from all this what can we learn? We can learn this: We must not eat when we are hurried, excited, angry, grieved, anxious, worried or shocked, for food at such times will do us only harm—will perhaps send us with indigestion or other ailments to that bourn from which no traveler returns. Food taken under such conditions will not digest, but will promptly begin to decompose, forming poisons that will produce any one or more of a numberless multitude of symptoms, ranging from simple headache to death from heart failure.—W. R. C. Latson, M. D., in New York Tribune.

Excusable. Mrs. Suburbanite—John, that's twice you've come home and forgotten to bring the lard. Mr. Suburbanite—It's so greasy it slipped my mind.—Judge.

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"Fine opera!"  
"Oh, shucks, man, the hand organs have been playing them tunes for years! I recognized 'em all!"—Pittsburg Post.

### Unuttered Thoughts.

Windig—Say, I understand you told Knox that I was a liar. Bifkins—You have been misinformed, old man. That is one of my thoughts I have never put into words.—Chicago News.

A man's folly ought to be his greatest secret.—Chinese Proverb.

Two Questions.  
"Why don't we see men like the novelists describe?"  
"I give it up. Why don't we see girls like the illustrators draw?"—Louisville Courier-Journal.

### Followed the Lead.

Teacher—Where do we obtain coal, Freddie? Freddie—From the coal beds, miss. Teacher—Right! Now, Jimmy, where do we obtain feathers? Jimmy—From feather beds, miss.

### To The Voters of Nash County.

I hereby announce myself a candidate for the office of Register of Deeds of Nash county subject to the result of the Democratic Primaries.  
Zeb V. Jenkins.

### Candidate for Register of Deeds.

Subject to the action of the Democratic primaries, I hereby announce myself a candidate for the office of Register of Deeds of Nash county.  
Samuel V. Pitts.

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### Notice of Administratrix.

Having qualified before the Clerk of the Superior Court of Nash county as administratrix of the estate of R. S. Herring, deceased, late of said County, this is to notify all persons holding claims against said estate to present same to me duly verified on or before March 9th 1909 or this notice will be pleaded in bar of their recovery, and all persons indebted to said estate will please make immediate payment to me. This March 9th, 1908.

Mrs. Ellen Herring,  
Administratrix of R. S. Herring, Decd.  
T. T. Thorne, Atty.

### Notice.

Having qualified before the Clerk of the Superior Court of Nash County as executor of Mrs. Lizzina Bulluck, deceased, late of said county, this is to notify all persons having claims against said estate to present the same duly verified to me or my attorney on or before Feb. 22, 1909 as this notice will be plead in bar of their recovery, and all persons indebted to said estate will make immediate payment to me. This Feb. 22, 1908.

Dr. J. B. Bulluck,  
Executor Lizzina Bulluck.  
T. T. Thorne, Atty.

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