THE EVENING NEWS.

Salt Lake City, August 16, 1872.

What We are and What We Eat.

The following interesting facts in regard to the composition of the human body and its food necessities (taken from Dr. Edward Smith's valuable work "On Food" recently published by D. Appleton & Co., in the "International Scientific Series."

The following is a summary statement of the principal materials of which the body is composed:

Flesh in its fresh state contains water, fat, fibrine, albumen, and gelatine, besides compounds of lime, phosphorus, soda, potash, magnesia, silica, and iron, and certain extractives.

Blood has a composition similar in elements to that of flesh.

Bone is composed of cartilage, gelatine, fat, and salts of lime, magnesia, soda and potash, combined with phosphoric and other acids.

Cartilage consists of chondrine, which is like gelatine in composition, with salts of soda, potash, lime, phosphorus, magnesia, sulphur, and iron.

The brain is composed of water, albumen, fat, phosphoric acid, osmazone and salts.

The liver consists of water, fat, and albumen, with phosphoric and other acids in conjunction with soda, lime, potash and iron.

The lungs are formed of a substance resembling gelatine, albumen, a substance analogous to caseine, fibrine, various fatty and organic acids, cholestrine, with salts of soda, and iron and water.

Bile consists of water, fat, resin, sugar, fatty and organic acids, cholestrine, and salts of potash, soda, and iron.

Hence it is requisite that the body should be provided with salts of potash, soda, lime, magnesia, sulphur, iron, and magnanese, as well as sulphuric, hydrochloric, phosphoric, and fluoric acids and water; also nearly all the fat which it consumes daily, and probably all the nitrogenous substances which it requires, and which are closely allied in composition, as albumen, fibrine, gelatine, and chondrine. It can produce sugar rapidly and largely, and fat slowly and sparely, from other substances; also lactic, acetic, and various organic acids, and peculiar extractive matters.

So great an array of mysterious substances might well prevent us from feeding ourselves or others if the selection of food depended solely upon our knowledge or judgment; but it is not so, for independently of the aid derived from our appetites, there is the great advantage of having foods which contain a proportion of nearly all these elements; and combinations of foods have been effected by experience which protect even the most ignorant from evil consequences.

Thus flesh, or the muscular tissue of animals, contains precisely the elements we which are required in our flesh-formers and, only limited by quantity, our heat generators also; and life may be maintained for very lengthened periods upon that food and water when eaten in large quantities. Seeing, moreover, that the source of flesh in animals which are used as food is vegetables, it follows that vegetables should have the same elements as flesh, and it is a fact of great interest that in vegetables we have foods closely analogous to the flesh of animals. Thus in addition to water and salts, common to both, there is vegetable jelly, vegetable albumen, vegetable fibrine, and vegetable caseine, all having a composition almost identical with animal albumen, gelatine, chondrine, and caseine.

Hence our appetites and the bountiful provision made for us extend our choice to both the vegetable and animal kingdoms, and it is possible to find vegetable foods on which man could live as long as upon animal food alone. Bread is in vegetable foods that which flesh is in animal foods, and each within itself contains nearly all the elements required for nutrition.

When, however, we bring knowledge of a special kind to the aid of our appetites, we are able to discover both the deficiencies in any given food and the kind of food that would meet them. Thus a knowledge of the requirements of the system and of the available uses of food leads to the proper combinations of food or to the construction of dietaries.

We have thus placed face to face the requirements of the body and the qualities of the foods to be used to supply them, but it is of very common observation that the effect of the supply is but temporary, and needs renewal at definite periods. Hence show that the needs of the body are tolerably uniform, while the effect of the supply is temporary, or that both the need and supply are intermittent.

During the repose of the night, the amount of vital action, as shown by the respiration and pulsation, is low and tolerably uniform, while under the influence of food it is high, and varies during the day extremely, but the general course is such that a large increase takes place after a meal, and a considerable decrease before the following meal. This increase, followed by decrease, being due to the action of food, proves that the influence is temporary, and that after a sufficient interval another supply of food is required. At the same time it must be allowed that the body is not entirely a passive agent subject to the controlling action of food; for no supply could prevent the vital actions subsiding at night or make them equal both by night and day.

There is a power inherent in the body which accepts or rejects food as to amount, as well as to quality, and which might at length act through the appetite, and refuse the kind supplied. Moreover, the wants of the body vary from many well known influences, and cause an increase or decrease in the vital actions which proceeds *pari passu* with the consumption of the transformed or stored up food in a degree proportionate to the cause, but such effects are often more rapid and transitory than that of food.

In reference to age, there can be no doubt that all the vital processes, including the action of foods, are greater and more rapid in early, and less and slower in later, than in mature life, and in both the former a more frequent administration of food is necessary. In early life, moreover, there is the important function of growth which demands a large and more frequent supply of food, not only for daily wants, but to promote a due increase in the bulk of the structures of the body. I have also shown that the season of the year has also a decided influence over the vital actions, so that they are the greatest in the spring and the least at the end of the summer.

The action of climate is similar to that of season, and shows that the vital actions are greater in cold than in hot climates, and in the uplands than in close valleys.

The influence of exertion over vital changes is immediate and proportionate, while the subsidence with the rest is less rapid than the increase.

Experiments show that it is impossible that the amount of vital change proceeding in the body may be ten times greater in one state than in another, and it follows that a proportionate quantity of food will be required to sustain it.

A Florida paper is enthusiastic on the subject of sugar cane culture in that State, saying, with a hundred other things: "It grows most luxuriantly in the rich hummock lands, and will grow admirably in all good pine lands throughout the State. It is profitable for patches of half an acre, more so in fields of five to ten acres, and would be immensely so in plantations of from fifty to one hundred acres.

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3d " " Jacob Weller.
4th " " Thomas Jenkins.
5th & 8th " " W. H. Hickenlooper.
7th " " Wm. Thorn.
9th " " E. F. Sheets.
10th " " E. A. Woolley.
11th " " John Pender.
12th " " E. D. Woolley.
14th " " Thomas Taylor.
15th " " R. T. Burton.
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18th " " L. D. Young.
19th " " Joseph Bull.
20th " " John Sharp.
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Bennion, Ab. H. Bailey.
Big Cottonwood, David Brinton.
Mill Creek, Reuben Miller.
South Cottonwood, J. R. Rawlins.
West Jordan, Archibald Gardner.
South Willow Creek, I. M. Stewart.

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Deep Creek, Edwin Tadlock.
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Santaquin, D. H. Bunnell.
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Fairview, Amasa Townsend.
Mount Pleasant, W. S. Seeley.
Spring City, Frederick Olsen.
Spring Ville, Canute Peterson.
Manti, A. L. Moffit.
Gunnison, J. S. Hoyle.
Fayette, John Bartholomew.

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Glenwood, Helaman Pratt.
*Richfield, Nelson Higgins acting.
Monroe, Moses Giles.
Annabella, Spencer Roberts, Edward Roberts.
Joseph Ivie Jameson.

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JOHN R. MURDOCK, Presiding Bishop.

*Beaver, John R. Murdock.
Minersville, James McKnight.

IRON COUNTY.

Paragonah, A. S. Smith.
*Parowan, W. H. Dame.
Summit.

W. H. DAME, Presiding Bishop over the three last named places.

Paragoonah, G. W. Seys.
Cedar City, Henry Lunt.

BRIGHAM COUNTY.

Kanarra, J. W. Bennett.
Hebron, J. H. Dame.
Bellevue, J. H. Johnson.
Paragonah, P. S. Dame.
Parowan, Ira Leathead.
Cedar Valley, Henry Lunt.
Kanab, Levi Stewart.

WASHINGTON COUNTY.

Washington, G. W. Cannon.
Santa Clara, J. W. Jones.
Pinto, Jesse Smith.
Harmony, Thomas Leavitt.
Leeds, Thomas Chamberlain.
Grafton, Thomas Chamberlain.
Rockville, Joseph Hamblin.
Springdale, Nathan Terry.
Virgin City, Lorenzo Roundy.
Toquerville, Thomas Cottle.
Hebron, Nathan Terry.
Pine Valley, Jesse Smith.
Kanarra, Ira Leathead.
Santa Clara, Jesse Smith.
Leeds, Thomas Chamberlain.
Grafton, Thomas Chamberlain.
Rockville, Joseph Hamblin.
Springdale, Nathan Terry.
Virgin City, Lorenzo Roundy.
Toquerville, Thomas Cottle.
Hebron, Nathan Terry.
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5.00 p.m. (Daily) Through Emigrant Train for Sacramento and San Francisco.

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Agent, Salt Lake City.
Office with Marshall & Carter, over W. F. & Co's Bank.

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UNTIL further notice trains will leave and arrive at Ogden daily as follows:

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Daily Express, ... 8.20 a.m.
Mixed, ... 76.30 p.m.
Freight, ... 10.30 a.m.

ARRIVE.

Daily Express, ... 5.10 p.m.
Mixed, ... 8.30 a.m.
Freight, ... 5.10 a.m.

Daily connections made at Ogden with Utah Central Pacific road from Salt Lake City and all points in Southern Utah.

At Bryan with stages for Sweetwater Mines.

At Cheyenne with Denver Pacific road for Denver, Central City, Georgetown and all points in Colorado and New Mexico.

At Omaha with Chicago and Northwestern, Chicago, Rock Island and Pacific, Burlington and Mo. River, Kansas City, St. Joe and Council Bluffs railroads, and Missouri River line of steamers for all points East and South.

Tickets for sale to all points East at office of Wells, Fargo & Co., East Temple street, and at the office of Utah Central Railroad, in Salt Lake City; also at Union Pacific Railroad Ticket Office in Ogden; at Joe office Checks on sleeping cars can be secured.

Arrangements have been made whereby passengers desiring to visit Denver on their way East can avail themselves of an excursion rate from Cheyenne to Denver and return at greatly reduced rates.

For particulars and all information in regard to passage, apply at ticket offices.

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