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Hot Weather Diet
By R. C. McDaniel

Hot weather is no excuse for crime, and on this theory I make bold to assert that deaths from heat prostration are nothing short of criminal. Every hot wave brings forth a flood of advice on "how to keep cool," but people go on dying from the intense, because seldom, if ever, is there anything of real value in such advice. An eminent physician will come out with the sage suggestion to "dress lightly and avoid greasy foods"—as though any one man would wear flannel and feast on fat pork in July and August.

It is easy enough to tell us what not to eat, but eating has become such a fixed habit with most of us that we insist on our three meals a day, with a few drinks of something thrown in between, regardless of the temperature. This being the case, will not some "prophet" arise who can tell us what we should eat and drink, the more we eat, the worse will be the case of itself.

I have a little knowledge along this line myself, which I have put into practice for several years past with most excellent results, but I am only a "layman," and, therefore, not qualified to teach.

Is it possible that the medical schools teach nothing of the chemistry of food, or that our physicians are ignorant of our bodily needs in hot weather? If they know, why do they not tell us, and not force us to go outside of the profession for such knowledge, as I had to do?

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