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## Title Page

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# SCIENCE BULLETIN

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## ARE YOU EDUCATED?

A few months ago we tried to set up a sort of standard by which a person might judge as to whether or not he could satisfy the demands of ordinary health. It shall be the purpose of this article to set up a standard by which an individual might judge of the adequacy of his or her health knowledge. This discussion is based largely on the "Ten Commandments" by Dr. Livingstone Farr—and, given in an address before the American Public Health Association, and printed in College Text books of Hygiene by Smiley and Gould. Many will probably not agree with the writer, but it is his opinion that a person, in order to be considered educated, should have a reasonable knowledge of the things discussed in the following paragraphs.

He should have a knowledge of the physiological basis for sound health habits. This applies more particularly to a worker than to any one else but has an application that is universal. The average individual has an idea that certain amount of sleep is desirable but only a very few have an idea of what takes place during sleep and why it is so necessary. If people could but glimpse the changes in blood circulation during sleep, the internal cleansing action going on in the body, the rest and invigoration of the nervous system, the replenishment of the cells with energy food, etc., sleep would be looked on as something more than a necessary evil to be indulged in only when demanded by nature. Likewise all people know that it is necessary for them to drink water, and some have a conception that water should be drunk regularly, but, as with sleep, few people have any real knowledge as to why water is vital to the body. If the average person could visualize the services that water performs for

the body, if he could appreciate the constant elimination of water from the body by means of the skin, breath, and by the kidneys, if he could grasp the value of diluting the excretions of the kidneys and the great aid of water in blood purification, water would not be looked upon as something to satisfy thirst, but as a vital aid in keeping the machinery of the body running smoothly. Incidentally, patent medicines in the form of blood remedies would soon be objects for a museum.

An educated person should know the types and amounts, and proportions of the various food elements essential to the proper nurture of the body. The existence of countless numbers of food fads is specific proof that people do not well understand the values and requirements in foods. Some people are in constant pursuit of roughages. They consume great quantities of bran, cabbage, celery, etc. While these are good foods, their use in ill advised quantities probably does more harm than good. And so it continues—some want raw foods while others must have them thoroughly cooked, some insist on proteins while others avoid them, some are searchers after vitamins while others do not know that vitamins exist. Few of our faddists could actually tell the relative proportions of proteins, carbohydrates, and fats that a person should consume, or what foods are high in minerals and why they should eat minerals, or what foods contain specific vitamins, and what functions the various vitamins have in the body. If they knew these things they would no longer be faddists.

Most people know that liver is a valuable food in the prevention or treatment of anemia, but few know that the action of the Kupfer cells in the disintegration of red blood corpuscles, is the reason for the liver