

# Protein Is Key To Diet Success

By Lelord Kordel  
 Installment Nineteen  
**A GOOD LOOK** at Dave was evidence that he had gone overboard on some diet fad. His posture drooped extreme last night, and his body was soft and flabby. Loss of tissue had lined his once cherubic face. His muscles sagged, and his whole appearance was one of weakness and dejection.

"My friend Joe," Dave said, "is a vegetarian. He got me started on it. For months I ate nothing but vegetables."

"Vegetarianism is a vicious fad," I said, "which is responsible for malnutrition, anemia, and countless borderline deficiencies which gradually build up into major disorders. You should have known better."

"Joe told me," said Dave, "that I'd lose weight and feel better than I ever had."

"Everybody should be taught," I said, "that protein is the food of life."

"The food of life," said Dave, "and I'm trying to exist on vegetables!"

"Vegetables," I said, "fill a definite need in your diet as sources of vitamins, minerals, and regulatory substances which you must have. It's simply foolhardy to try to exist on vegetables alone. You must have protein to live—and to make life. Protein is your key to success both in living and in loving. It's the essential ingredient that makes you a doer, a creator, and a man!"

**THE ROLE OF PROTEINS**  
 The word "protein" was coined in 1828 from the Greek. It means "to come first." This substance is so necessary for the function and the replacement of the body's cells that we must feed our bodies protein first, last, and always.

Unlike fat, protein cannot be stored in the body. All the protein that your body can get is used for its work twenty-four hours a day. The body needs protein constantly as a tissue builder. The more protein you give your body to work with, the better the quality of its repairs.

Severe cases of protein hunger result in edema, or water-logging of the tissues. Proteins build muscle tissue. They also make up the materials used by the endocrine glands in the manufacture of hormones. Hormones are secreted by these glands. These hormones are chemical messengers which control your internal activities—and even your personality.

The hemoglobin of the blood, the red coloring matter of the red corpuscles, is largely protein. Sufficient proteins have to be present in the blood for it to clot readily.

Protein is essential for the growth of antibodies in the blood your defense against bacteria and toxins.

The National Research Council says that children must get 100 grams of protein a day," I told Dave, "and adults 70 grams. If they're not to suffer from some kind of deficiency disease. But in your case, since you've been deprived of complete proteins on your vegetable diet, I recommend at least 100 grams a day."

"How can I know," asked Dave "the amount of protein I'm getting in the food I eat, that it adds up to that 100 grams?"

"Roughly speaking, a pound of meat and a half cup of cottage cheese will furnish 100 grams of protein. I'll give you a list of first-class protein food," I said, "with the amount of protein each contains."

(The list I made out for Dave will be found in my "Better-Eating Plan" booklet which readers may have free — by sending a stamped self-addressed envelope

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# SPORT ECHOES

BY NORMAN MACDONALD

The moguls of Island hockey are giving us sports scribes the silent treatment. They seem to feel that a better job of organization can be done if the promoters are underground, and perhaps they are right. But they can't expect same rumor to go underground with them, nor can they expect sports writers who just now are starved for local sports stories to refrain from giving these little rumors a bit of an airing. Here is the latest: It is alleged that someone has suggested both Charlottetown and Summerside enter two teams each in the alleged league; and it is further alleged that the two rink proprietors, Hogan and Nicholson, are both in favor of this alleged plan, while others are alleged to be opposing it. (They say if you pack enough "allegeds" in your story, no one can sue you for libel, defamation of character, fraud or embezzlement of the facts, so we are playing it safe). Go ahead, boys, continue to make with the hush-hush. It's your democratic privilege. As for the public, they'll wait and see. If you come up with a league of four evenly matched teams, making for exciting contests, you will be known as the "whispering wizards." If the teams are poorly matched, and

the scores are lop-sided, brace yourself. You'll be called "the silent saps of sport". We hope you won't mind if we join the gang in a few cat calls ourselves. We must be wrong. Two judges and virtually the entire Associated Press gave Fernandez the nod in his fight with Ortega Friday night. They have seen many, many fights, and have a vast background of experience. We picked Ortega, probably because he entertained us more. He reminded us of a skilful lion tamer in a cage with the king of beasts. His ability to slip punches, his ducking, weaving, and feinting were beautiful to behold. He faced superior firepower and brute strength with the cool adroitness of the master boxer. Fernandez, far from being awkward, stalked his elusive opponent with gloves packed with dynamite, but he never did get a real opportunity to light the fuse.

From our point of view as a spectators, the king kong of the ring have to knock the opponents kicking to give us a thrill. Not having the rhythmic beauty of motion that the boxing masters have, they must appeal to our animal instincts and make with the Johannsen jolt, or at least stagger their adversary. At no time did Ortega look the least bit staggered by Fernandez' blows. We enjoy ring leadership like Ortega's, but that does not mean that we go for those boys who waltz their way through the rounds, occasionally flicking a glove in their opponent's face, then back-peddalling hurriedly out of the danger zone. These lads should quit fighting and concentrate on trying to break the four-minute mile. Ortega staged many spirited attacks Friday night. Any contest which one judge decided is 6-2 for one man, and one judge votes 5-4 for the other fighter leaves a lot to be desired. Thank heaven most of our sports, like baseball, hockey, basketball, football, tennis, etc., are decided by definite scores which are part of the game itself. Imagine the game of hockey if, instead of having a net guardian, you boarded up the net and let the boys take pot shots at the boards. Three judges could be among the spectators to judge the frequency and zip of the shots which find their mark and after the game the judges would give their decision. Wouldn't that be something to pay out hard cash to see? Most of the split decisions in boxing might easily go the other way with a different panel of judges doing the guessing. Perhaps it might not be a bad idea if only knockouts and unanimous decisions should be credited as wins.

# Ottawa Plans No Changes For Sudden Death Tilt Sat.

By DON ATTFIELD  
 Canadian Press Staff Writer  
 OTTAWA (CP) — No changes for Saturday's sudden-death semi-final against Montreal Alouettes.

That's the word from Ottawa Rough Riders assistant coach Bill Smyth, in the absence of coach Frank Clair. The Riders' pilot was visiting Chicago on personal matters.

"At least I hope there'll be no changes," he said. He referred, for one thing, to the outcome of Saturday's bruising contest in Toronto where Riders outbumped Argonauts 31-21.

But he also referred to injuries suffered by several players at the hands of a tough Argo squad, scrambling unsuccessfully to slip into the league finals.

**BUMPS, BRUISES**  
 "We're all bumped and bruised up after the game," said Smyth. "We'll have to see how the boys go in practice before we'll know for certain that everyone can play Saturday."

All split decisions could be quite fairly be put in the books as draws.

Coach Clair had said after Saturday's game he wasn't too pleased with his club's performance. Firstly there were the two long touchdowns passes Al Dorow threw.

"We can't afford those lapses. I don't mind the short ones, but the long ones never should be completed against us."

Secondly, however, his concern was for his injured players. The team probably was never so badly damaged in any single encounter this season.

**SWALLOWS TONGUE**  
 Lineman Hardiman Cureton experienced a close call when he swallowed his tongue in a tackle on Cookie Gilchrist. He was found unconscious at the bottom of the pile. Trainers, whose work was complicated by a wad of gum caught in the throat, pried the tongue out so Cureton could breathe again. He was back in the game later.

Most serious casualty, and the only real doubtful starter for next Saturday, is defensive half and placement specialist Gary Schreider, who wound up sixth in the league scoring race. He suffered a severe charley horse in his

kicking leg, but say "I figure to work this out by Saturday."

George Brancato, defensive half, suffered a concussion on a tackle, but felt recovered Monday. Linemen Larry Hayes and Bruno Bitkowski had to be helped off the field, and ends Jon Jelacic suffered a charley horse

and Bob Simpson a bruised hip. But all are expected to be in shape by the end of the week.

**AUSTRALIAN HISTORY**  
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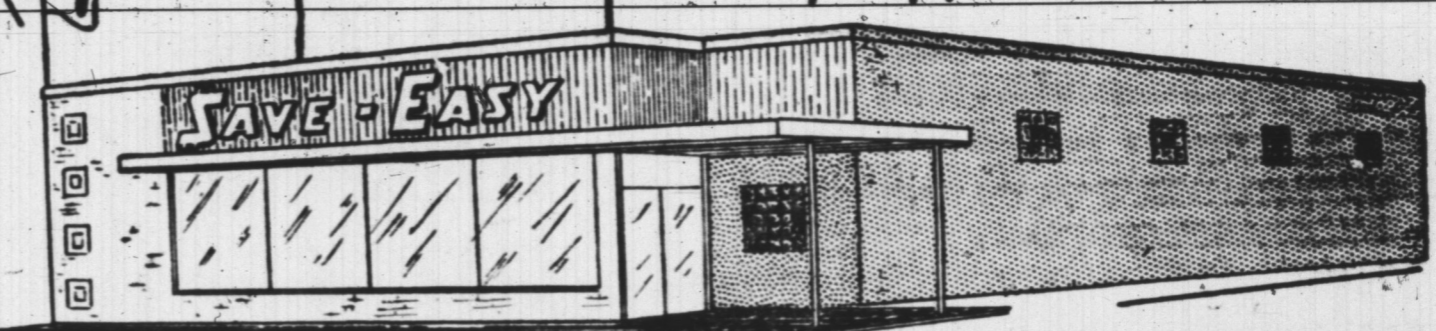
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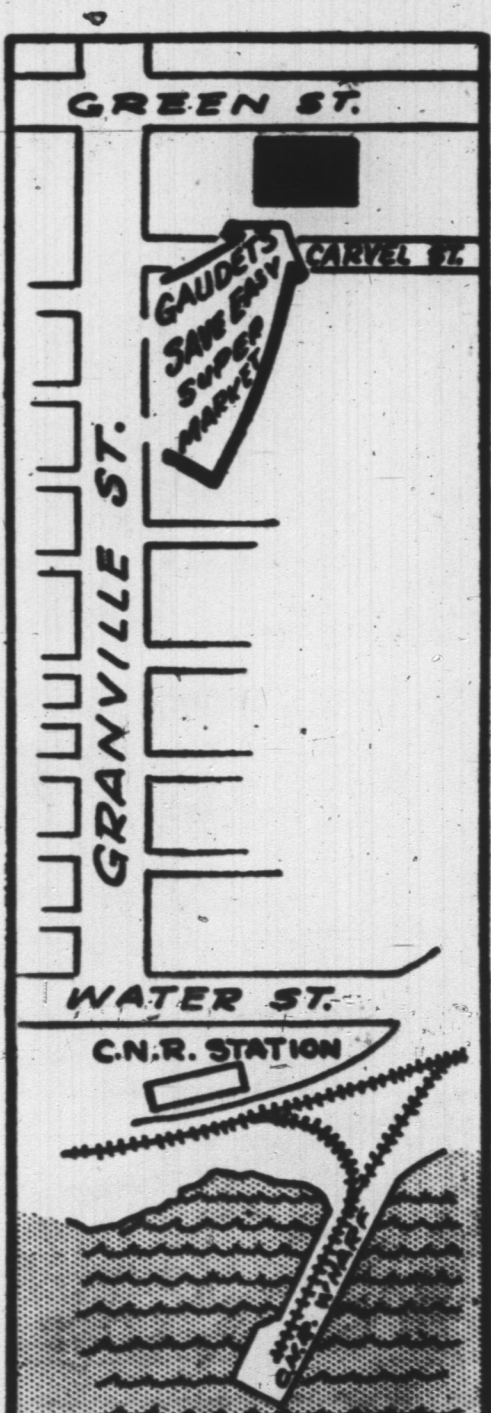
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**THE ROLE OF VITAMINS**  
 Fifty years ago rickets of the most severe type were common in our cities. Today this deforming childhood disease is rare. During the past forty years beriberi and pellagra have been found to be preventable. In hospitals and clinics the vitamin story is so well known that people under medical supervision no longer sicken and die because of a lack of them.

But how well does the average man know the vitamin story? Not nearly well enough.

"Vitamins," I told Dave, "are accessory food substances, they're necessary for the metabolism of food and for the performance of important body functions. But they aren't of value unless they're food to work on. They can't be substituted for complete protein foods."

"Well," said Dave, "I didn't know anything about proteta. Now it looks as though I was pretty confused about vitamins too."

**ESSENTIAL NUTRIENTS**  
 "A lot of people are," I said. "And much of that confusion is caused by failure to understand the basic nature of vitamins as essential nutrients. Remember, vitamins do not produce energy or body tissues. However, you can't manufacture either energy or tissue in your body without them. They are the catalysts which change the foods you eat into the materials to sustain your body."

"And right now," commented Dave, "my body could sure use some sustaining."

"You should take a reliable vitamin-mineral supplement," I said. "If we could get our foods fresh daily from a farm where they were grown in good, mineral-rich soil, we could rely on them for all our vitamin requirements. But most food suffers losses of important dietary essentials through premature harvesting, long storage, processing, kitchen preparation, and cooking."

"So I should eat lots of protein," said Dave, "especially meat. And take a vitamin-and-mineral supplement. Do you think that this will help me?"

"That's like asking," I and

**DIET OFFER ENDS THURS.**  
 Thursday is your last chance to get a copy of Lelord Kordel's Better-Eating Plan! It is designed to give you the protein, vitamins and minerals your body needs for dynamic living.

You may have a copy FREE by sending a self-addressed envelope bearing five cent stamp to: LELORD KORDEL care of The Guardian. (This offer expires Thursday, at midnight—so be sure to mail your request before then!)

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