

Dextrose Candy Aids Reducing

Physiology

Small doses of dextrose candy taken between meals have helped a group of nurses at Jefferson Hospital of Philadelphia to remove surplus pounds of too, too solid flesh.

The experimental work leading to these much-desired results was undertaken under the direction of Dr. Burgess Gordon and E. von Stanley.

In studying the question of obesity, Dr. Gordon operated on the hypothesis that the craving of fat persons for sugar may be a symptom of sugar deficiency. In such people it may be that the fat-forming food may be misdirected to channels from which energy is not already derived.

Consequently he decided to find out if weight would be lost when the class of foods comprising the

sugars and starches were supplied in very readily available form, during actual exercise, so that its immediate utilization would permit only a minimum storage of fat.

A group of overweight nurses were accordingly selected for subjects and examined to rule out those with glandular disturbances or other physical drawbacks that might be aggravated by the diet tests. The diets, covering from 1,800 to 3,000 calories a day, were then arranged so that fat and protein were taken at meal times, while carbohydrate was taken between meals in the readily digested form of dextrose candy.

"The total intake of candy was between 3.5 to 6.2 ounces," Dr. Gordon explained. "The patients were

advised to walk twelve blocks both in the morning and afternoon, and to consume the largest portion of candy during exercise. A fairly constant loss of weight occurred in six individuals during a period of three weeks. The greatest loss was 23 pounds."

Six of the eleven nurses who stayed in the test lost an average of three pounds a week and suffered practically no discomfort from the regime. Among those who did not lose, two took insufficient exercise, one was unable to follow the diet satisfactorily, while the question of endocrine disfunction was raised in the remaining two.

Science News-Letter, April 21, 1928

Dogwood Time

Botany

Now is the time for wood-wandering, throughout a wide stretch of America, from Massachusetts to Ontario, southward to the Gulf and westward through Texas into eastern Mexico. For now is the time of the flowering dogwood. It began a couple of weeks ago in the southern part of its range, but is just coming on in the North.

The flowering dogwood stands high among the aristocracy of our native flowering trees and shrubs. There is a peculiar pearly luster on its petal-like bracts that is hardly matched by any other white flowers, unless it be among the lily family. The flowering dogwood is not alone among the dogwoods in having these petaloid members; the familiar bunchberry is another example, but the flowering dogwood has been the most successful in carrying out the scheme on a grand scale, assuming small-tree proportions and covering a very considerable portion of a continent.

Its success, however, has brought penalties and hazards in its train. Automobiles loaded with looted woodland pearl are still all too familiar a sight in many parts of the country, though it is coming to be recognized as bad form to break down dogwoods. Perhaps we can reform ourselves before the species has been entirely wiped out.

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