1938

Bold Facts, But True

Ruth Dahlberg
Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker
Part of the Home Economics Commons

Recommended Citation
Dahlberg, Ruth (1938) "Bold Facts, But True," The Iowa Homemaker: Vol. 18 : No. 1 , Article 11.
Available at: http://lib.dr.iastate.edu/homemaker/vol18/iss1/11

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Bold Facts, but True
by Ruth Dahlberg

Diligently we study diets, plan menus and count calories, but how much do we know about the harmfulness of coffee, tea, smoking and alcohol? Doctors say that fundamentally these substances are all poisons.

They depend upon a drug-like action for their effects and the use of all is more or less habit forming.

Coffee is the American beverage—many of us like our tea—and the question of smoking and drinking interests us. Some people object to indulgence of these articles on a purely moral basis. What do specialists really know about the harmful physical effects of coffee, tea, smoking and alcohol? Dr. Grant of the College Hospital helps us answer these questions.

Tea and coffee affect individuals differently. Many students and adults, doctors included, confess that they cannot sleep without their cup of coffee before going to bed. Others say that coffee keeps them awake.

Tea and coffee are stimulating due to the caffeine which they both contain. A moderate strength cup of coffee or tea contains approximately 1½ grains of caffeine, which is the usual dosage when it is given medicinally. Cocoa is similar to caffeine in its action but is less stimulating to the brain.

When tea and coffee are used in more than small amounts they may cause indigestion, they stimulate the kidneys but probably cause no permanent injury. The most common reason for restricting the use of these beverages is the nervous stimulation which in some persons results in insomnia, headaches and nervousness. Obviously, the increased stimulation caused by coffee and tea is harmful to children. Habitual use of these beverages has not been proven harmful to normal adults. Over indulgence is probably harmful to anyone, especially to those individuals who are more susceptible to caffeine.

There are many contradictory opinions on the subject of tobacco but little scientific data. The effects of tobacco are
MARY DUNHILL
PERFUMES
with all the fragrance
of Springtime—
Flowers of Devonshire
and Gardenia. Try
them and you will
want more.

Colognes
Rose Geranium Hand Lotion
Face Powder
Dusting Powder
Lipsticks
Compacts
Traveling Kits

Florence Langford
Shop of Gifts
Downtown

For
Spring...

Change your make up
to the new shades in
Yardleys
DuBarry
Tussy
Coty’s

Judisch
Bros.
FREE DELIVERY
Phone 70

mainly due to the drug nicotine. Nici-
tine, like alcohol, is not a stimulant but
a sedative and in some cases seems to
soothe the nerves, while in others it
causes headaches, giddiness and irrita-
bility.

Serious damage to the eyes may re-
sult from the excessive use of tobacco,
and susceptible persons may suffer from
high blood pressure and irregularities
in the pulse. Smoking after a meal may
cause indigestion, spastic constipation
and colitis.

Excessive smoking may also result in
a chronic irritation of the nose and
throat. The “lift” that advertisers em-
phasize is usually of short duration and
is followed by greater fatigue than it
relieves.

The effect of smoking on women is
the same as on men except that smoking
during pregnancy might have a dele-
terious effect on the child. This effect,
of course, would depend on the amount
of smoking done. Nicotine and tobacco
retard growth, and doctors generally
agree that smoking by children is un-
healthy and dangerous.

The belief that mouth cancers are no
more prevalent among smokers than
non-smokers is now generally accepted.

Some investigators have attempted to
prove that there is a correlation be-
tween intelligence and smoking. There
are figures to show that smokers rate
lower in grades and intelligence tests,
and win fewer scholarships.

Alcohol is a poison to living tissue
and in concentrated form will destroy
plant, bacterial, and animal life. Even
small amounts of alcohol have definite

Suits
and
Coats
SMART STYLES
for Ames Coeds

Wolf's
DES MOINES
$10
to
$39.75