

**Physician Assails
Modern Faddists**

**Head of American Medical
Association Talks
to Bakers.**

Atlantic City, Sept. 22 (AP)—Dr. William Gerry Morgan, of Washington, D. C., president of the American Medical association, delivered a thrashing to faddists, particularly food faddists, exercise faddists and those who would teach sugaries to the young, in a speech at the opening session of the international conference of the American Bakers association in the municipal auditorium.

About 10,000 bakers from all sections of the United States are attending the conference and there are a number of foreign delegates as well.

"Faddists of every type are the curse of modern civilization," declared Dr. Morgan, "and though each in turn is but short lived, yet there is always another to take his place. It is a curious psychological fact that the failure of one fad after another to satisfy the needs of the gullible public, does not even sufficiently assault their intelligence to cure them of the fad habit.

"There can be little doubt that the number of individuals who believe that this or that particular type of food or diet is necessary to good health, overabundates all other types of faddists put together. The food faddist who believes that constipation is the source of all mental, nervous and bodily ills, and that the cure of this super devil is the eating of 'roughage' is perhaps the one who is guilty of the greatest sin, and leaves behind a trail of suffering which does not end, when his fancy being caught by some other fad, he turns away from over engorgement of indigestible and highly injurious food stuffs."

Dr. Morgan said that the quality of much of the white bread produced at the present time has undergone improvement through the incorporation of larger quantities of milk, thus making it a much more valuable food stuff, largely obviating the criticism of white flour bread, which the advocates of whole wheat breadcast with ever increasing vehemence.

"These faddists specifically point out that vitamins B and C being inherent in the bran content of the wheat is lost in the milling processes during the production of refined flours, which is undoubtedly true," said Dr. Morgan. "Nevertheless this deficiency, although slight is somewhat compensated by the addition of milk in the process of bread making. And further, because bread is usually eaten with butter, and other food stuffs which supply vitamins more abundantly. The vitamin content of bran is of little real value to the human economy, because bran itself is not only not digested and does not readily give up these necessary elements, but is in itself an irritant to the alimentary mucus membrane and interferes with the digestion and assimilation of other foods."

The speaker went on to say that no single food contains all of the necessary qualities, one food supplying what another lacks, and all necessary ingredients being present in sufficient quantities in the ordinary well balanced meal.

Dr. Morgan next referred to the exercise faddist—"the man who makes a God of keeping 'utterly fit' through exercise."

He continued: "Exercise of the mind as well as of the body is wholesome and necessary for preserving normal function, but in none of the activities of life is it so essential to adopt the method to the individual needs and capabilities as in this. Intemperance in bodily exertion, by going beyond the elastic limit, is productive of great harm. The effects of this sort of intemperance often are not apparent for the moment, but develop weakness which seriously handicap the individual later in life."