

Children

of

the

Sun



A stylized illustration of a child standing on a grassy hill, reaching their arms up towards a bright, cloudy sky. The child is wearing a blue and white striped dress. The sky is filled with large, billowing yellow and white clouds. The ground is a mix of green and brown, suggesting grass and earth. The overall style is reminiscent of mid-20th-century children's book illustrations.

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CHILDREN OF THE SUN

This little booklet, "Children of the Sun," was written for the thousands of women who have been interested in the newly discovered facts concerning Vitamin D, the sunlight vitamin which is produced for us by the rays of the sun.

The chapter on Nutrition was prepared for the makers of Cocomalt by eminent scientists in the fields of medicine and nutrition after careful and extensive research work.





Children of the Sun

CHAPTER I

WHY WE NEED SUNLIGHT

CHAPTER II

NUTRITION

(Written for the makers of Cocomalt by eminent scientists in the fields of medicine and nutrition after careful and extensive research work.)

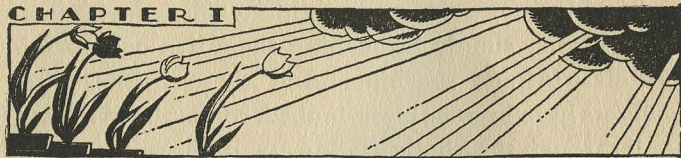
1. The importance of good food
2. Requirements of a complete food
3. Fuel foods—energy value
4. Proteins—tissue builders
5. Mineral salts—their place in the diet
6. Vitamins
7. The ideal food

CHAPTER III

COCOMALT

1. Cocomalt with milk meets requirements of ideal food
2. What Cocomalt is
3. Suggested uses for Cocomalt
4. How to make Cocomalt

CHAPTER I



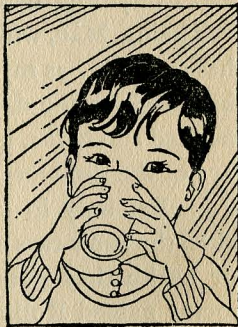
WHY WE NEED SUNLIGHT

Every housewife with a sunny window full of winter plants knows that she must turn the pots around now and then to give all sides of the plants an equal share of sunshine. Otherwise she will soon have a lopsided row of flowers, for if left alone, they will take on a permanent slant in the direction of the window. They reach for the sun in obedience to a law as old as the history of life itself. Everything naturally turns to the sun for life and well being. Man, with his reasoning mind, has recognized that sunlight has mysterious powers to fight off diseases that hatch in the dark. So physicians have long recommended sun baths, because they know that somehow the rays of the sun were known to "do us good."

But only in comparatively recent years have we taken the sun's rays to pieces to see what strange powers for health they possess. High up in the Alps, a Swiss doctor named Rollier has worked miracles in the sun-

light with men, women and children afflicted with bone tuberculosis, simply by making them live outdoors in the clear Alpine sunshine. And these brittle-boned sufferers have become clean-limbed, copper hued athletes—all through the kindly healing rays of the sun:

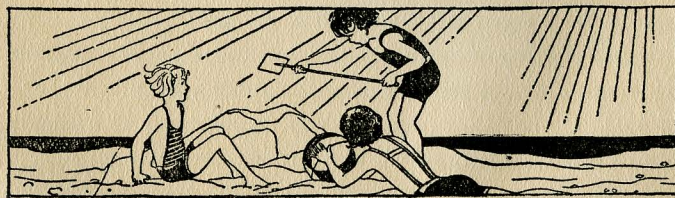
Working on this clue, an American scientist finally startled the scientific world by trapping the life element produced by the rays which come hurtling down to us from the sun. Vitamin D, they called it—this mysterious element so elusive that it cannot be weighed or measured—yet so necessary that we cannot live without it. That discovery was the key which unlocked a score of lesser mysteries. It taught us, for instance, why cod-liver oil is such a sturdy remedy for rickets and other bone diseases—for Vitamin D is contained in cod-liver oil. The Dutch and Scandinavian fisher folk have used cod-liver oil for generations to dose their babies while father Sun is taking his winter nap, and the gray winter fogs envelop the North. These hardy people have long known that something in cod-livers helps build sturdy bones and



sound teeth, and keeps away winter ailments of various kinds. Now we realize that all the time it was Vitamin D doing its friendly work concealed in the livers of the useful cod.

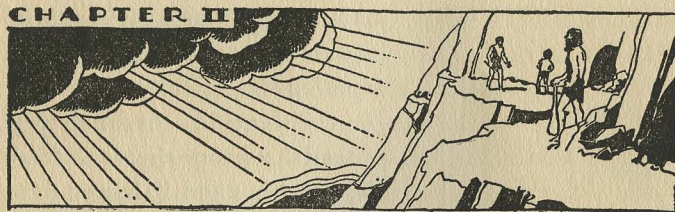
One of the most important ways in which science has served human health is in working out methods of providing Vitamin D in the diet. And in proving that this precious vitamin is contained in Cocomalt, scientists have brought a real and lasting benefit to every mother of growing children.

Cocomalt is a delicious natural food drink with a chocolate flavor, complete with every vital element needed for healthy growth. It is so perfectly balanced that it can be taken in generous quantities at any time with certainty of easy digestion. And it contains Vitamin D in sufficient quantities to cause the mineral salts in milk and in Cocomalt itself to form strong bones and sound teeth. Thus it



helps the whole bony structure to grow evenly and symmetrically.

This discovery is particularly valuable because it proves the presence of Vitamin D in a drink already known to be a complete, perfectly balanced food. The particular significance of Cocomalt and its relationship to milk, rightly known as "man's best food," is explained fully in a special chapter at the end of the book.



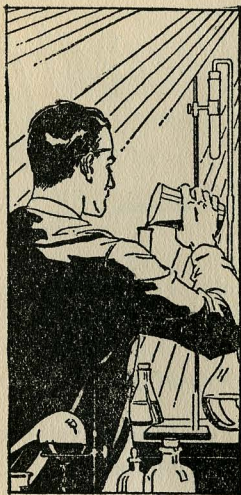
NUTRITION

(Written for the makers of Cocomalt by eminent scientists in the fields of medicine and nutrition after careful and extensive research work.)

I. THE IMPORTANCE OF GOOD FOOD

Centuries ago man lived in dark, stuffy caves and lived on any type of food that his luck and skill, as a hunter, might provide. As the ages passed he found, by experience, that his strength and skill were dependent upon good health. He learned that some foods were superior to others and that certain mixtures of food materials kept him in proper physical condition to withstand the rigors of those strenuous times when only the strong survived. He learned to appreciate the value of fresh air and sunshine and, in a measure, the value of cleanliness.

As modern civilization developed, science came into being, and we began to learn the reasons for the



many things that early mankind discovered in the hard school of experience.

Scientific research has proved that proper hygiene, fresh air, sunshine and balanced food are necessary for the maintenance of a healthy body. We have learned that the growing child must have not only the proper amount of food, but that the quality and variety of foods are of the greatest importance.

When the rules regarding balanced food, fresh air, sunshine and sanitation are observed, good health is bound to follow. And we are more resistant to contagious germ diseases if we have obeyed the rules of good health.

2. REQUIREMENTS OF A COMPLETE FOOD

Not long ago, a proper diet was considered to be one that supplied enough fuel for the body's activities and enough tissue-building material for growth and replacement of worn out parts. But this is not enough, as we now have

discovered. Science has shown that the factory which we call our body must have for its operation, not only fuel and repair departments, but also regulating and protecting devices to keep the plant running smoothly. Unfortunately, there are no gauges on our bodies to tell us how each organ is functioning. Usually it is not until a breakdown of a part occurs that we realize that something is wrong. It is, therefore, imperative that we safeguard ourselves against such a breakdown, in all the ways at our command. If one factor in our diet is necessary to keep the thyroid gland working properly, we should see that we are provided with that factor. If other factors insure us against disease of one sort or another, we should have those too.

And so, the Science of Nutrition has come to cover a broader field than in the past. Today, a complete food means not only fuel and repair material (carbohydrates, fats and proteins), but also regulating and protecting devices, such as minerals, roughage and vitamins. A diet is called "complete" only when it provides for all these needs.

Variety not only ensures all of the necessary health producing factors, but it makes our diet more attractive. Another very important food property is palatability.

When foods are palatable, our appetite is stimulated, resulting in increased food consumption and greater digestibility.

3. FUEL FOODS—ENERGY VALUE

The analogy is often made that man is an engine, burning fuel to provide energy for his activities. Were this simple statement the whole truth, the science of nutrition could be explained in relatively few words. However, man differs from a machine in many respects, the most vital of these being growth and reproduction.

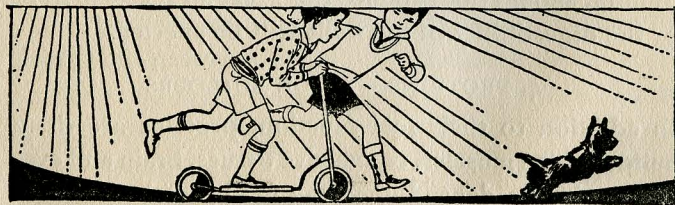
What part does each of the food classes play in this great program?

Let us first consider the source of the "driving force" that keeps things going. Energy, just as in the case of the engine, comes from the combustion of fuel; and in the case of us humans, the fuels are Carbohydrates, Fats and Proteins. So far as we know the sole purpose of eating sugars and starches (Carbohydrates) and fats, is to provide heat-energy for our activities; and by this we mean not only walking, running, playing and working, but also breathing, digesting, and so on. In short, all our voluntary and involuntary movements require energy for their operation. If the diet does not supply sufficient

fuel for this purpose, the body tissues (fat, muscles) are called upon, and we lose weight. If the diet supplies an excess of fuel, part of the surplus is stored as fat and we gain weight. An even balance should be maintained by the adult, with some storage of reserve energy for emergency.

It is easy to see that the growing child must consume a high proportion of fuel foods, in order to compensate for his greater activity—strenuous hard play—as well as for his rapid rate of growth. While the sugar in a lolly-pop is just as useful as the sugar in the morning bowl of cereal, the indulgence in too much candy between meals will curb the appetite for more wholesome foods which are equally good sources of energy.

Milk sugar, known as lactose, is particularly valuable. It is not only equal to other sugars, from the fuel standpoints, but it also has the remarkable property of



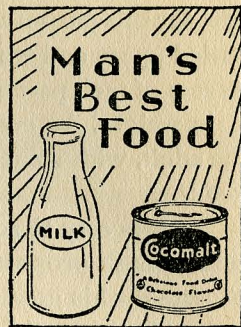
preventing intestinal putrefaction through the production of certain beneficial acids. This is one of the many reasons why milk has been called "man's best food."

Fat is the most concentrated energy food. Weight for weight, it yields more than twice as many heat units as sugar or starch. Every complete diet should contain some source of fat, but an excess should be avoided as this tends to interfere with the digestion. Milk contains about 3.5 to 4% of fat, and is well tolerated by the normal individual; but cream with about 20 to 25% of fat is digested very slowly.

For this reason food preparations which are added to milk, should not produce too great an increase in fat or the digestibility of the milk will be affected.

4. PROTEINS—TISSUE BUILDERS

In addition to their fuel function, proteins are tissue builders. The muscles, connective tissues, brain and even hair and skin depend upon the food proteins for their



building materials. All of the food proteins contain about the same amount of nitrogen, the chemical element necessary for tissue building. Some proteins consist of complex combinations of "building stones," which the chemists call amino acids. There are thousands of food proteins, made up of different combinations of these twenty amino acids.

One eminent food authority explains the existence of the enormous numbers of proteins in nature by comparing the amino acids with letters of the alphabet. Just as we construct thousands of words with different combinations of the twenty-six letters of the alphabet, so nature can construct thousands of plant and animal proteins with twenty amino acids. When these proteins are fed, one at a time to animals, nutrition investigators find that some proteins are valuable and the animals grow well; while others are found to be unsatisfactory and the animals cannot use them for tissue building. These unsatisfactory proteins are biologically poor because they lack certain building stones or amino acids. In other words, it is no more possible to manufacture body proteins with only a few amino acids than it is to construct many words or sentences with only a portion of the letters of the alphabet.



We can manufacture but a few of these amino acids in our bodies and must depend upon our foods to furnish them. Milk proteins supply all of the necessary amino acids, and so they are said to be "complete proteins." Cereal proteins (from corn and other seeds) are said to be "incomplete proteins" because they are deficient in some of the amino

acids. This is another reason why milk is such a valuable food, supplementing the incomplete cereal proteins with those that are biologically complete. This is of particular importance in the feeding of growing children for the reason that rapid growth requires rapid tissue building; also the wear and tear of strenuous activity and play require constant repair of muscle tissues.

5. MINERAL SALTS—THEIR PLACE IN THE DIET

In addition to proteins, fats and carbohydrates, the body must be supplied with mineral salts. Some of these, such as the salts of lime (calcium) and phosphorus are used for the construction of bones and teeth. These and others

are also necessary for the proper functioning of the blood and body fluids.

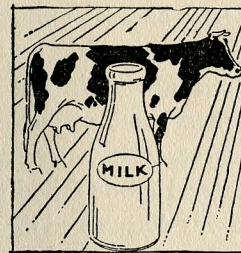
It is not sufficient, however, for the body merely to receive sufficient amounts of lime and phosphorus. In order that these elements be deposited to form strong bones and teeth, a body regulator known as Vitamin D must be supplied. (Vitamin D is discussed more fully on Page 19.)

Milk is particularly rich in most of the salts needed by the body, especially lime and phosphorus which are so necessary for the building of a rugged skeleton.

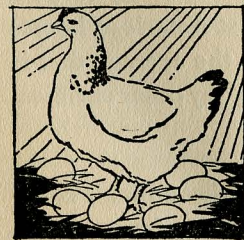
Dr. Sherman, an eminent food authority, says in his book, "Food Products", that unless milk is included in the diet in liberal quantities, there is likely to be a deficiency in calcium, and that in most American homes too little milk is used. Consequently the average diet is more often deficient in calcium than in any other chemical element:

6. VITAMINS

Not many years ago it was discovered that animals could be fed diets containing purified proteins, fat, carbohy-



drates and salts which satisfied all chemical and fuel requirements of the body and yet for some mysterious reason the animals did not grow and in many cases they died. When some of our natural foods were fed, the animals increased in health and the diseases disappeared. Other natural foods failed to be of any value. In other words, it was discovered that some foods contain tiny quantities of accessory food factors necessary for health and growth while other foods are devoid of these mysterious substances. Because these new factors seemed to be *vital* to animal welfare they were named *Vitamins*. To-day scientists recognize at least six of these substances which have been given temporary alphabetical names until more is known about their chemical nature.



Vitamin A: This vitamin is found in animal fats such as milk fat, butter, egg fat and cod-liver oil. Green leafy foods are usually rich in this food factor. This vitamin is necessary for normal growth and good health and its absence from the diet may produce an eye disease, a kidney disorder or may lower resistance to the point where diseases of the throat

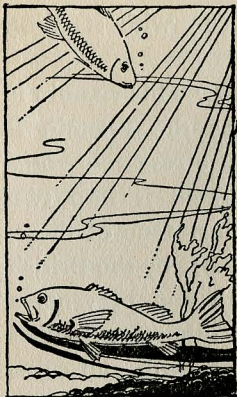


and lungs occur with startling regularity.

Vitamin B: This vitamin is now known as the Vitamin B Complex because research workers have separated it into two separate vitamins. One of these, called Vitamin B1, by the British scientists, affects health and growth and prevents a nervous disease called beri-beri. The other one, called Vitamin B2, stimulates appetite and growth and cures a disease known as pellagra which has been quite prevalent among undernourished people. These vitamins are found in varying amounts in yeast, milk, fruits, vegetables, cereals and leafy foods.

Vitamin C: This vitamin prevents a disease known as scurvy and is found in milk, fruits, vegetables, leafy plants and tomatoes.

Vitamin D: This is the vitamin that helps produce strong bones and healthy teeth. Until recently cod-liver oil was thought to be the sole source, but science has discovered that Vitamin D is manufactured in the body by sunshine and artificial light called ultra violet light. When we are exposed to the sun's rays, this valuable



skeleton builder is produced right in our bodies. If sunlight is not available, as is often the case in the winter months, it is necessary that Vitamin D be furnished in the food or the bones become malformed due to the development of a disease called rickets.

Very few of our natural foods contain this vitamin. The prominent child's specialist, Dr.

Edward A. Parks of Johns Hopkins University, has expressed the opinion that rickets will almost certainly develop from the ordinary combinations of foods given to children. This emphasizes every mother's obligation to supplement her children's diet with adequate amounts of clear sunshine, or to provide this sunlight vitamin in the diet itself.

Vitamin E: This vitamin seems to be most important in assisting in the reproductive process. Without it, animals become sterile and lose their power to produce young.

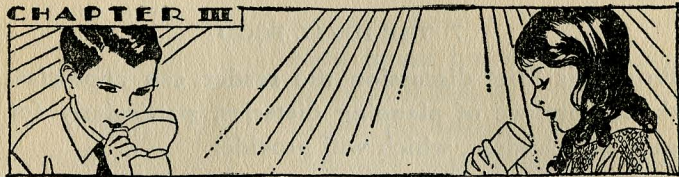
7. THE IDEAL FOOD

From this brief discussion the reader can appreciate the importance of planning dietaries, particularly for growing children, which will provide:

- (a) PALATABILITY
- (b) DIGESTIBILITY
- (c) FUEL FOODS (STARCHES, SUGARS AND FATS)
- (d) PROTEINS (TISSUE BUILDERS)
- (e) MINERAL SALTS (LIME AND PHOSPHORUS)
- (f) VITAMINS

Food faddists who pursue "hobbies" in diets are quite unlikely to accomplish this task. Physicians are advocating more varied diets for convalescent patients for the reasons just described.

CHAPTER III



COCOMALT

1. COCOMALT WITH MILK MEETS REQUIREMENTS OF IDEAL FOOD

PALATABILITY

The flavor of Cocomalt is a delicious, creamy chocolate, not too rich, but with just the right body to be satisfying. Children and adults who do not like milk itself, find that Cocomalt mixed with milk is a most delicious drink. Thus, Cocomalt is a great help in making milk acceptable in generous quantities, so that the problem of getting children to drink more milk is quickly solved.

DIGESTIBILITY

A natural liking for any food increases its digestibility, for the system accepts it willingly and all the normal functions operate as they should. Cocomalt tastes so good that it stimulates all the digestive activities of the salivary glands, and is quickly assimilated. Besides this, it contains malt enzymes needed to digest starchy

foods, so that Cocomalt actually helps digest other foods taken at the same time. It adds only slightly to the fat content of natural milk, so that it presents no increased work for the digestion.

FUEL FOODS

(starches, sugars and fats)

The correct amount of these fuels, or energy producing foods is provided in Cocomalt, with exact care to keep them properly balanced with the other food elements, so as not to add any burden to the digestive organs. Children need a constant supply of these foods to keep their energy up to normal pitch.

PROTEINS

(tissue builders)

With energy foods assured, it is then necessary to have food elements that will repair worn tissues and build new. Growing children should have a large quantity of proteins in their diet, for they are carrying the double burden of repairing their waste tissues as well as adding to them by normal growth. In Cocomalt the needed proteins for a growing child are generously provided, so that every glass of Cocomalt means added material for healthy growth.

MINERAL SALTS
(lime and phosphorus)

The bony tissue in our bodies is made up quite largely of minerals which form a hard, strong framework to support the softer tissues of muscle and fat. Here lime and phosphorus are called for, and milk is one of the best sources of these minerals. Cocomalt contains lime and phosphorus itself, and added to milk, the resulting combination assures a generous contribution to the minerals needed for growth in children, and for maintaining the proper chemical condition of the bones at all ages.

VITAMINS

In the vitamins we find the keys which unlock the benefits contained in most of the food we eat. In Cocomalt, the presence of Vitamin D is extremely important, for without this essential vitamin, those mineral salts (lime



and phosphorus) which should constitute a part of our diet, are not fully utilized, to promote the growth of bone tissue.

Therefore, we need, not only this im-

portant Vitamin D, contained in Cocomalt, but also a sufficient dietary supply of mineral salts (lime and phosphorus). Cocomalt contributes to this supply and being always fed with milk, the contribution is thus increased.

Cocomalt then, adequately furnishes lime and phosphorus, accompanied with Vitamin D the vital food factor, which enables the body to utilize those mineral salts in the performance of their function of building a strong bone framework and sound teeth.

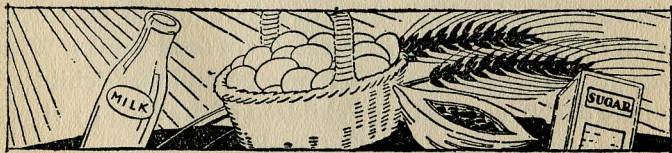
From the foregoing it will be clearly seen that Cocomalt is a complete food. In fact, added to milk, "man's best food", it increases by more than 70% the nourishment that milk already contains.

From babyhood to old age, Cocomalt is a welcome addition to the diet, for it tastes good, and reinforces the regular diet. So in providing all the elements which make for sound health, in the form of a delightful drink, Cocomalt truly stands alone in the realm of food drinks. With the presence of Vitamin D, it may be said that "children of the dark" may become "children of the sun" by virtue of the stored sunlight in Cocomalt.



2. WHAT COCOMALT IS

Cocomalt is a food drink, composed of natural foods in correctly balanced proportions to provide all the elements needed by the body. It contains the nourishing elements of barley malt, cocoa, sugar, eggs, milk proteins and milk minerals. It thus supplies protein for strong muscles, carbohydrates for energy, and mineral salts for the bony tissues. And in addition, it contains Vitamins A, B and D, all of which play a vital part in causing the food elements in milk and in Cocomalt itself to deliver their full nutritive value to the system.



3. SUGGESTED USES FOR COCOMALT

Here are a few of the many ways in which Cocomalt can be used to advantage:

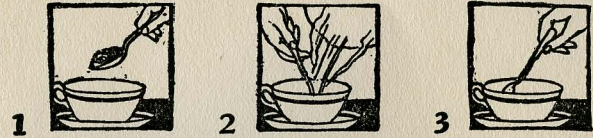
- (a) It makes an ideal hot drink for breakfast, in place of cocoa, tea or coffee.
- (b) It is a decided help in convalescence, and in cases of malnutrition, as it assists in the natural assimilation of all food taken into the system.
- (c) It makes a perfect hot drink at bed time as it soothes the nerves and helps to induce sound, restful sleep.
- (d) It makes a delicious picnic beverage, either hot or cold.
- (e) When children need a nourishing between-meal drink, Cocomalt does double duty as a delicious treat and a nutritious food.
- (f) At children's parties it solves the problem of serving a drink that everyone will like, and that will be wholesome and beneficial at the same time.
- (g) Many delicious puddings and desserts can be made with Cocomalt. We will gladly furnish recipes upon request.
- (h) For a very quick lunch, instead of inviting indigestion by a hastily eaten solid meal, drink Cocomalt, hot or cold. It fills every need for satisfying nourishment, and is easily assimilated and turned into energy. Cocomalt does not slow down the mental or physical activity as solid, heavy foods do, but rather is a comforting stimulant.

There are many other uses for Cocomalt, the complete food drink. Write us for full information.

R. B. DAVIS COMPANY • HOBOKEN, N. J.

4. HOW TO MAKE COCOMALT AS A HOT OR COLD DRINK

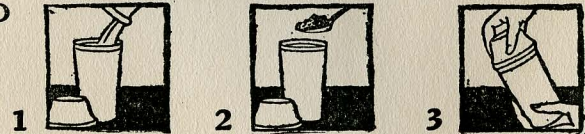
HOT



1. Place two heaping teaspoons of Cocomalt in cups.
2. Mix to paste with small amount of hot milk.
3. Fill cup with hot milk. Stir well. Do not boil milk or Cocomalt in preparing hot drink. Boiling hurts important food elements. If fresh milk is not available, evaporated or powdered milk may be used in making Cocomalt either hot or cold.

Be sure to follow directions in order given

COLD



1. Pour milk into shaker.
2. Then add three heaping teaspoons of Cocomalt for each glass of milk.
3. Shake vigorously. Be sure to put milk in first—then add Cocomalt. Use more or less Cocomalt to suit individual taste. A fruit jar, bottle or egg beater and bowl may be used for mixing. Cracked ice or ice cream may be added for a very cold drink.

Be sure to follow directions in order given