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## A COMPARISON OF THE EFFECT ON THE BASAL METABOLISM OF INGESTING COFFEE WITH CREAM AND WITHOUT CREAM

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As it has been suggested that there is a difference in the stimulating effect of coffee when it is taken black and when taken with cream, it was decided to see whether there was any variation in the effect upon young women.

Thirteen normal college women, five of them habitual coffee drinkers and eight of them seldom or never drinking it, were used as subjects. The Benedict-Roth Recording Metabolism apparatus was used and the usual method and precautions followed.

The tests were run in the morning before the subjects had eaten or taken any strenuous exercise. After the duplicate tests, coffee was given, a rest period followed and tests again run one-half hour and one hour after ingesting the coffee. Black coffee was given two days and coffee with cream two other days.

Black coffee at the end of 30 minutes caused an average increase over the observed basal rate of 3.64 per cent while coffee with cream caused an increase of 7.75 per cent. At the end of one hour the black coffee had caused 5.65 per cent increase and the coffee with cream 7.69 per cent increase over the observed basal rate. Coffee with cream thus causes a quicker and greater stimulation than does black coffee.

The smallness of the group prevents ones predicting that other groups of young women will react in a similar manner.