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No. 3.

THE RELATION OF DIET TO MIND AND CHARACTER.

J. H. KELLOGG, M.D.

PHYSIOLOGY clearly teaches the precedence of the body in the development of a human being; the palpitating, growing body exists long before there is the first beginning of mental or moral activity. The newborn child is simply a breathing, eating, sleeping bundle of living cells, incapable of intelligent action of any sort. Its movements are altogether automatic, or governed by an intelligence higher than its own.

Mind and character are the products of an after development, in which the body plays a fundamental part. Men long ago learned that muscles are made of food, and that there is the most intimate relation between food and strength, between eating and capacity for muscular work. From the time of the ancient Greeks, when men were trained to public games and other contests, down to the present day, men in training for any special effort requiring an unusual exhibition of muscular power, have been required to submit to a rigorous restriction of their dietary—to such foods as have proved to be best adapted to support the highest degree of muscular activity and endurance. The most ignorant and unobservant peasant recognises the intimate relation between the quality and the quantity of the food supplied to his horse or his ox, and the work which the animal can do.

When we recognise the fact that mental activity expends energy even more rapidly than purely muscular effort, and that brain and nervous energy must be replenished by food, and in precisely the same manner as

the loss of muscular energy is made good, it is strange indeed that so little attention has been given to eating in its relation to mental activity. The majority of men who are not compelled to depend upon manual labor for a livelihood, or who do not actively engage in muscular pursuits, give little or no attention to their eating, except to secure a sufficient amount of food possessing the right palate-tickling flavors to satisfy their sense of hunger, without considering what quality or quantity of food stuffs will best support the brain and nerve activities in which they may be engaged.

The brain receives one-fifth of all the blood in the body, and when intensely active, the consumption of energy is much greater in proportion to its weight than in any other tissue. It is for this reason that the large blood supply is provided. A starved brain must be a weak brain, incapable of the highest degree of activity. Nevertheless, in a starving man the brain remains active when the muscles have lost their power, by reason of the fact that, recognising the paramount importance of cerebral activities, nature robs the rest of the body to feed the brain. The brain of the overfed man, on the other hand, may be even more crippled through clogging by imperfectly oxidised waste substances, which paralyse the brain cells and cloud the intellect.

The body is like a furnace: the food substances taken into it are burned, or oxidised, just as coal is in a stove or a furnace. The products of combustion escape from the furnace through a smoke pipe or a chimney. So the products of vital combustion, or oxidation, escape from the body through the lungs, skin, and other excretory organs.

When too large an amount of food is taken, the situation of the body is the same as that of a stove or furnace which is overcrowded with fuel; the combustion is incomplete, volumes of smoke are produced, which choke the fire, and may extinguish it. An excess of food fills the body with organic smoke or imperfectly oxidised waste substances, of which uric acid is the best-known representative, and of which rheumatism, neurasthenia, or nervous prostration, neuralgia, nervous headache, bilious attacks, apoplexy, paralysis, and various other disorders are the natural results.

Many years ago an eminent French physiologist, in writing a work on "American Fishes," made the striking remark, "All life is under water." This is literally true. The stomach, liver, heart, nerves, muscles, even the brain, perform their work under water; in truth, we think and move and live in a fluid medium.

The body is a factory of poisons. If these poisons, which are constantly produced in large quantities, are imperfectly removed, or are produced in too great quantity, as the result of overfeeding, the fluids which surround the brain cells and all the living tissues are contaminated with poisonous substances, which asphyxiate and paralyse the cells, thus interfering with their activity. This fact explains, in part at least, the stupidity which is a common after-dinner experience with many persons.

The blood is a vital stream which turns the wheels of life. When the stream is copious and pure, it furnishes the normal stimulus whereby all forms of vital activity are maintained. The blood builds, creates, repairs, heals. Cut off the blood supply of a part, and it dies at once. Diminish the normal blood supply, and the action of the organ is proportionately slowed. With an increased amount of pure blood passing through a part, the functions of the part are increased.

This is as true of the brain as of any other organ. The brain which receives impoverished blood is hampered in its activities. A brain surcharged with blood is, on the other hand, overexcited. The result may be sleeplessness and irritability, even frenzy, mania, or insanity. If the blood is charged with irritating substances, the organs through

which it circulates are naturally exposed to abnormal irritation, excitation, and disturbance of function; a brain receiving too large a supply of blood must suffer first, and most, in this regard. Whatever is taken into the stomach and absorbed enters the blood and circulates through the body. The odor of nicotine which hangs upon the breath of the smoker, the alcoholic odors which emanate from the body of the inebriate for many hours after he has ceased drinking, are evidence of this.

In view of these facts, which are so patent that it seems almost a waste of time to refer to them, it needs no argument to emphasise the important relation of diet to mind and character.

A CONSCIENTIOUS STOMACH, OR A FAITHFUL SENTINEL.

D. H. KRESS, M. D.

A PATIENT once said to his physician, "Doctor, I believe there is something wrong with my stomach." "Not a bit of it," replied the doctor; "God made your stomach, and He knows how to make stomachs. There may be something wrong with the stuff you put into it, or something wrong with the way you stuff it in and cram it down; but your stomach is all right." Another patient said, "The stomach has come to be a great curse to the human family."

The truth is, the stomach is not the offender; like every other involuntary organ, it is under the direct and constant control of its Maker; it has a specific work to do, and will do that work faithfully and well, without pain or inconvenience, providing it is properly treated.

The function of the stomach is to assist in converting good food into such a condition that it can be absorbed and appropriated by the system in building up tissue, repairing waste, and supplying heat and energy to the body. A faithful sentinel protects the camp from disaster by reporting the approach of the enemy. Should we not expect a perfectly normal stomach, like the sentinel, to sound the alarm when food is taken into it that could only be converted into inferior blood and tissue, thus lowering the vital resistance of the body, and leaving it an easy prey to its enemy—disease?

The fact is, the stomach, when in a normal

condition, always reports when an inferior quality of food is eaten, or when bad combinations are made; when it is overloaded with even good food, or when food has not been properly prepared or masticated, or when irregularity in eating is practised.

When an enemy is allowed to enter camp without being molested, or without the camp being notified, it is evident that something is wrong with the sentinel, and an investigation is immediately ordered. The sentinel is either asleep at his post, or he has been foully dealt with so that he cannot report.

When men boast about their being able to eat anything—pepper, mustard, pickles, vinegar, the flesh of dead animals saturated with grease—without being disturbed or corrected by their stomachs, it is likewise evident that something is wrong with the sentinel, and it demands investigation. Inferior tissue is permitted to be brought into the camp; poisons are allowed to enter; ere long the individual is surprised by an attack of gout, rheumatism, neuralgia, or worse still, the boaster is informed by his physician that he has Bright's disease, diabetes mellitus, or some other equally dangerous disease, from which complete recovery cannot be expected.

It is well known that in nearly every case, errors of diet are responsible for the diseases mentioned. These disagreeable symptoms are designed to awaken the transgressor to his real condition, and to lead him to correct his perverted habits of life. Like the streets of London, all these diseases lead back to one centre,—wrong habits in living and a disordered stomach.

These diseases cannot be cured by the administration of drugs, patent medicines, Christian Science, or so-called faith cures. They can be cured only by the removal of the causes, the correction of the habits of living, and the co-operation of nature in the oxidation and elimination of the accumulated poisonous products.

Very frequently patients come to their physician, saying, "Doctor, I have a bad headache;" "I have neuralgia," or some other disagreeable symptom, "and I want to get rid of it." Upon the question being asked by the physician, "Have you any difficulty with your digestion?" the confident reply is given, "Oh, no. My stomach is alright; I can eat

anything." If a physical examination is made by the physician, there are probably found the following conditions: Breath very foul, showing decay of foods in the stomach, tongue slimy and covered with a luxuriant growth of germs; stomach extremely dilated,—in many cases a mere distended, lifeless pouch. These conditions nearly always exist, and show that indigestion is the real cause of the disagreeable symptoms.

Such persons placed on an aseptic and dry diet composed of cereal foods requiring thorough mastication, nuts, and fruits, after a time are likely to come to their physician, saying, "Doctor, I had no difficulty with my stomach before coming to you; now everything I eat distresses me." "But," asks the physician, "how are your other symptoms, the headaches, etc.?" "Oh, they are better," the reply is. "In fact I have not felt better for years than I do at present, but my stomach bothers me. What does it mean?" His stomach is coming into a more normal condition, is recovering from the chronic paralysis or anæsthesia, the nerves are assuming a more normal condition, the telegraphic communications are again established between it and head-quarters, so that the real condition of the stomach and digressions from right can again be reported. The patients are assured that there is no need of alarm, that they are now on the highway to health, and in time the stomach will again be restored to normal size and condition, so that good food, properly masticated, eaten at proper intervals, and rightly combined, will create no feeling of uneasiness or pain.

By frequent violation of moral laws, the conscience may become seared, and in time sin may cease to look sinful and crime be committed without a prick of conscience. This, however, is a sad condition of mind to be in, and nothing to boast of. What conscience is to the soul, pain and ill feelings are to the body. When all kinds of abominable things are permitted to be thrown into the system through the stomach, without warning on its part, the stomach can be said to be in an equally sad condition physically. The aim should be to get the stomach into such a condition that the least error in diet will at once be reported, just as we would cultivate a condition of mind so sensitive that the slightest deviation from right will cause feelings of uneasiness.



Good Health Tit Bits



GOOD THINGS TO LEARN.

LEARN to laugh. A good laugh is better than medicine.

Learn how to tell a story. A well-told story is as welcome as a sunbeam in a sick-room.

Learn to stop croaking. The world is too busy to care for your ills and sorrows. If you cannot see any good in this world, keep the bad to yourself.

Learn to hide your aches and pains under a pleasant smile. No one cares whether you have the earache, headache, or rheumatism.

Learn to greet your friends with a smile. They carry too many frowns in their own hearts to be bothered with any of yours.—*Epworth Herald*.

"A SQUARE MEAL."

A MEAL—what is it? Just enough of food
To renovate and well refresh the frame,
So that with spirits enlightened, and with strength
renewed,
We turn with willingness to work again.

—Selected.

A WISE parent sent his sons to a good literary college during the school term, and then paid competent tradesmen and mechanics to have them apprenticed during the long vacations to various trades, with the result that all five of them own large businesses which they manage themselves in a thoroughly practical manner.

MARSHALL, the English economist, states that "over £100,000,000 is spent annually by the British working classes for things that do nothing to make their lives nobler or truly happier." And that "the simple item of food waste alone would justify the above-mentioned estimate. One potent cause of waste to-day is that very many of the women,

having been practically brought up in factories, do not know how to buy economically, and are neither passable cooks nor good housekeepers."

WHY HE WAS A VEGETARIAN.

AT twelve years of age the author of this volume was struck with such horror at the accidentally seeing the barbarities of the London slaughter house, that since that hour he has never eaten anything but vegetables. He persevered in spite of vulgar forebodings, with unabated vigorous health, and at sixty-six finds himself more able to undergo any fatigue of mind and body than any other person of his age.—*Sir Richard Phillips, in a Dictionary of the Arts of Life and Civilisation*.

THE ability of a man's body to resist disease does not depend on his weight, neither can health be determined by the amount of blood or flesh. It is well known that many rosy-cheeked and apparently healthy men do not live as long as those who have less flesh and blood. Health depends on the quality, not the quantity, of blood and tissue.

BOYS USING TOBACCO.

A SENSIBLE writer says,—"Tobacco has utterly spoiled and utterly ruined thousands of boys. It tends to softening and weakening of the bones, and it greatly injures the brain, the spinal marrow, and the whole nervous fluid. A boy who smokes early and frequently, or in any way uses large quantities of tobacco, is never known to make a man of much energy, and generally lacks muscular and physical, as well as mental power. We would particularly warn boys who want to be anything in the world to shun tobacco as a most baneful poison.

COMFORT IN WARM WEATHER.

FEW people understand how to make themselves comfortable in warm weather. In fact, a majority of us, in a hot day, unconsciously add "fuel to the fire" in a score of ways, which thoughtfulness and good judgment might lead us to avoid. The morning is close and sultry, which may doubtless be a pretty good excuse for languor and laziness; but suddenly, perchance, the breakfast bell rings, and you must hurry to get ready, which is a grand mistake at the beginning of a hot day. Most likely, also, some impatience comes with the haste, and the result is the blood becomes additionally heated. The common salutation, "How hot it is! I don't believe I slept a wink last night!" The constant fluttering of a fan, the quantity of ice water consumed, and the perpetual doing nothing except thinking and talking about the heat, all tend to increase the discomfort which, though we may not wholly escape in midsummer, is made quite endurable by proper management. The observance of a few simple rules will give coolness and comfort. Even those who have laborious duties to perform, may take a hint from some plain suggestions, such as these: Never hurry; to which end do not be behindhand in anything which must be done. Take light, cooling, but nutritious food, and don't drink too much. Do not be forever talking about the heat—it makes one feel ten times hotter. Of course, never get angry, and do not fret, whatever happens, but keep the mind in a placid state. As a general rule, keep fans to be used in fainting-fits. If you must go out in the blazing sunshine, do not be afraid to carry an umbrella. By all means, even if there is no necessity of working, provide for yourself some light occupation, and attend to it diligently during proper hours; nothing makes one so thoroughly uncomfortable in hot weather as having "nothing to do." Avoid crowds; dress lightly, in spite of fashion; take regular sleep, and plenty of it; bathe slowly; and use moderation in all things.—*Selected.*

WORTH KNOWING.—If you are doing white work which you particularly want to keep clean, powder your hands occasionally with fuller's earth or any other white powder. On the hottest day your fingers will not soil the work if you follow this plan.

SCRAPS OF INFORMATION.

BATH gloves are kept sweet and fresh if each night they are put just outside the window. The fresh air and morning sun dries and bleaches them.

In home dressmaking the long seams are often difficult to get quite straight. As an aid in seaming pieces for the skirts of dresses, cloaks, etc., adopt the following plan: Place one piece of the material on a smooth deal table and the other above it. Smooth lightly into place, and at one end of the seam pin a tape measure to the stuff and through it into the wood. Draw this down to the other end of the seam, and again knock in a pin. Then with long threads tack by the edge of the tape measure, and in seaming use these stitches as guiding lines.

When a room is turned out and the pictures are being cleaned, change their position before hanging them again. Often a picture is by this means noticed and admired afresh by the inmates of the home. It would otherwise escape notice from the very fact that it is always in the same place. Adopt this plan of change in other articles, both ornaments and furniture. Remember always, "Variety is charming."

A good and at the same time harmless washing fluid is made of equal parts of ammonia and turpentine. Two tablespoonfuls of this should be added to the water in which the clothes are boiled.

If clothes pegs are boiled for a few minutes and then quickly dried once a month, they will be more durable and flexible. Clothes lines will last longer if treated in the same way, and will not twist.

SOME time ago I employed a number of women, wearing long skirts, to walk through the streets of Rome for an hour. After the promenade was over, I submitted the skirts to bacteriological examination. On every one there were extensive colonies of noxious germs, including those of influenza, typhoid fever, tuberculosis, and tetanus. In view of this fact, I consider that all women should at once stop wearing trailing skirts.—*Dr. Gasagrandi.*



The Home

WHEN MOLLIE BATHES THE BABY.

When Mollie bathes the baby
I lay my book aside,
And watch the operation
With deep paternal pride;
I scan the dimpled body
Of the struggling little elf
For undeveloped points of
Resemblance to myself.

When Mollie bathes the baby
She always says to me
"Isn't he just as cunning
And sweet as he can be?
Just see those pretty dimples!
Aren't his eyes a lovely blue?"
And then: "You precious darling,
I could bite those arms in two."

When Mollie bathes the baby
I always say to her:
"Look out, now, don't you drop him,"
And she answers back "No, sir!"
Then I talk about his rosy cheeks,
The muscles in his arms,
His shapely head, his sturdy legs,
And other manly charms.

When Mollie bathes the baby
The household bends its knee,
And shows him greater deference
Than it ever shows to me.
But I feel no jealous goading
As they laud him to the skies,
For everyone assures me
That he has his father's eyes.

—Selected.

INFANT FEEDING.

JOHN J. HANLEY, in the *Medical Council*, makes a plea for the baby. The article is addressed to mothers who can and will not nurse, and to physicians who can restore an ancient and commendable practice by preaching it.

He says that mothers should suckle their young—

Because it is a natural obligation.
Because it is a moral (religious) one.
Because it is a pleasure.

Because it is the most beautiful living picture in the world.

Because it is a sermon in tableau.
Because of its refining and softening influence on the higher emotions.
Because the child wants to.
Because it has a right to.
Because it is "open day and night."
Because it is "always ready."
Because it doesn't need to be sweetened or heated.

Because it is the only ideal infant food.
Because it is not a "perfect substitute," but the "real thing."

Because there is no perfect substitute.
Because it doesn't have to be sterilized.

Because you don't have to cudgel your brain about the proportion of milk, sugar, and lime water and other confusing things.

Because it is cheaper (you get it for nothing).

Because you don't have to read chemical analyses of various celebrities on the containers, declaring the extraordinary skill and knowledge in producing such wonderful rubbish as some milks are.

Because you don't have to get out of bed at night to get "the other" ready.

Because you can "modify" it by your diet and hygiene.

Because nature is a better chemist than you are.

Because you don't have "to run" a chemical laboratory in the house.

Because you will feel better yourself.

Because the mutual love will be greater.

Because the husband will prefer it (or ought to).

Because all true mothers do it.

Because you will show a good example to other women.

Because the baby will be physically stronger to fight for its existence both in health and sickness.

Because it is the same as mother and grandma "used to make," a strong recommendation daily observed.

ACCOMPLISHMENTS FOR GIRLS.

THE following list of "accomplishments" has been suggested as an excellent one for a girl to have before she is fifteen:—

- "Shut the door, and shut it softly.
- "Keep your own room neat and in tasteful order.
- "Have an hour for rising, and rise.
- "Learn to make bread as well as cake.
- "Always know where your things are.
- "Never let a day pass without doing something to make somebody comfortable.
- "Never come to breakfast without a collar.
- "Never go about with your shoes unlaced.
- "Speak clearly enough for everybody to understand.
- "Never fidget nor hum, to the disturbance of others."

HOUSEHOLD HINTS.

BOILING NEW POTATOES.—If you add a little lemon juice to the water in which new potatoes are boiled, they will be a good color and will not turn dark after cooking. If they are difficult to scrape, put them in salt and water for a few minutes before beginning.

WASHING CELERY.—When doing this, remember that there are certain insects in it which defy anything but soda. After washing in salt and water, let it soak for a few minutes in water to which you have added soda, or bicarbonate of soda, in the proportion of a piece as big as a hazel nut to half a gallon of water. Then thoroughly rinse in clean cold water.

A BALL FOR THE BABY.—A delightful ball for the baby can be made by a little sister. Find a pill-box,—a tin one is best,—and put in it some shot to make a noise. Make a bag of white muslin or cambric the size of a big ball, and fill with cotton wool, putting the pill-box in the middle before closing the end up. For the outside choose gay colored wools in five colors. On the ordinary steel knitting needles cast on eighteen stitches and knit thirty rows. Sew the stripes together, and slip the muslin ball inside, drawing each end close and fastening it securely. The rattling noise it makes will be much enjoyed by the baby.

THERE is much to be said in favor of a radical reform in the present system of education. Unfortunately, examination—always examination—is regarded as the criterion of knowledge, and so instruction is based upon the mere requirements of the examiner's sheet. What we want our teachers to understand is that the pupil does not so much need loading with facts from a syllabus as to have his faculties trained in the direction of extending his own powers of observation, so that throughout life he may be able steadily and easily to acquire facts for himself.—*Dr. L. Mott.*

SAYING GRACE.

WHEN we're at grandpa's house to dine,
He looks about with sober face,
Then clasps his hands and shuts his eyes,
And sister says he's "saying grace."
He says big words that I don't know,—
I'm only four years old,—but then
I know *two* words he always says,
And one is "Thanks" and one "Amen."

While walking in my grandpa's woods,
We saw a squirrel, big and gray.
He held a nut between his paws,
But did not eat it right away.
He closed his little shining eyes,
His hands raised just like grandpa's. Then
I said, O sister, keep real still,
He's saying "Thank you" and "Amen."
—*Laura F. Armitage.*

SWALLOWED A BABY.

IT was not the shark nor the hippopotamus at the circus who did it, but Thackeray, the famous literary wit, who, when dining one day with a friend, after swallowing an unusually fat oyster, sat for a moment with a queer expression upon his face, which led the host to inquire, "Well, Mr. Thackeray, how do you feel?" The wit replied, "I feel as though I had swallowed a baby."

Most people who eat oysters do not stop to think that oysters have an inside as well as an outside. Some do not know, perhaps, that the big brown end, which has the sweetest flavor, is the oyster's liver and kidneys, and that its stomach, big and little intestines, and other internal arrangements, are all there though less conspicuous. The whole flesh-eating business is revolting to a person of refined tastes.

WHAT SHALL WE EAT?

LAURETTA KRESS, M. D.

IN putting up a durable building we consider with great care the quality of the material to be used in its construction. The human body may be compared to a building made without hands, it is true, but nevertheless composed of the material furnished the digestive organs for its construction. All the digestive organs can do is to dissolve the food so that it can be absorbed and carried throughout the body to become MAN. Man is therefore composed of what he eats, or, in other words, he is what he eats. Dr. Von Bunge, the great German chemist, once made an experiment which clearly demonstrated this. He fed a dog for a time on sheep's fat, then killed the animal, and analysed its fat. He found that the fat of the dog was not dog's fat, but sheep's fat. The dog was composed of the food furnished him. It is left with every individual, therefore, to determine what kind of a building he will erect. Shall it be constructed of material that is able to resist the inroads of disease, and be of the greatest service? or shall it be an inferior structure? The one who eats impure and inferior food will have inferior tissue, inferior nerves, and an inferior brain. In fact, we would expect an inferior being with inferior thoughts, since the noblest thoughts, the most original ideas, the best work, cannot be expected from an inferior brain. The majority of men and women to-day eat what they like without giving special consideration to the question of wholesomeness, and without inquiring as to what are the needs of the body as regards nutrition, and how these needs may best be supplied. But a few are asking, "What is the best dietary for health? What food will best sustain mental and physical effort? What substances are best adapted to building strong and enduring muscles, pure blood, and active and well-balanced brain and nerves?"

There are three classes of food elements especially required for the nutrition of the body. They are proteids, fats, and carbohydrates.

The Proteids are represented by albumin, gluten, fibrin, casein, found in the white of an egg, lean meat, the curd of milk, the gluten of wheat. Proteids are also found abundantly in all the legumes, peas, beans, lentils, and especially in nuts.

Fats are found in very limited quantities in grains, but very abundantly in nuts.

Carbohydrates are represented by starch and sugar in various forms.

These elements are found in combination in most vegetable foods, but in greatly varying proportions.

Grains contain starch and proteids, but very little sugar, and practically no fats. Fruits contain sugar, dextrin, usually acids, very little albumin, and no starch or fats, with the exception of the olive, which contains fat.

Nuts contain a large amount of proteids or albumin,—more than an equal weight of beef-steak,—about fifty per cent. of their weight fats, practically no sugar, and no starch.

The legumes (peas, beans, lentils) contain a large amount of starch, and a very high proportion of proteids, more, in fact, than are found in ordinary flesh foods.

Vegetables, like the potato and other fleshy roots, consist chiefly of starch, a very small amount of proteids, and no fat.

Proteids are necessary for the building up of the blood and the active tissues, the muscles, nerves, etc. Fats and carbohydrates are necessary to maintain the heat and energy of the body.

All the essential nutritive elements, with the exception of organic acids, may be found both in flesh foods and foods of vegetable origin. The acids are obtained exclusively from the vegetable kingdom. The composition of fats, albumin, and salts derived from animals is practically the same as that of the corresponding elements obtained from vegetable sources.

There is this exception, however: in the simple products of the earth these elements are found in their purity, while in meat they are combined with injurious, impure waste products which result from the breaking down of tissue and disease in the animal. It is not difficult to dispense with flesh foods, provided one takes pains to provide a proper substitute. It is instructive to remember that a pound of beans contains not only three times as much nutrient material as a pound of beef, but at the same time contains a much larger proportion of proteids, the characteristic element of beef, than does an equal weight of beef. In other words, there is more beef-steak in a pound of peas than in a pound of

beef, and twice as much more nutrient material of other kinds.

Dr. Beaumont's table showing the time required for the digestion of various articles of food, also Professor Atwater's investigations of the same subject, show that the best products of the vegetable kingdom require less time for digestion than do meats. This is especially true of fruits and cereals. These classes of foods enjoy special preëminence over all others, being not only more nutritious, but at the same time more digestible, hence a more safe and convenient source of nutritious material.

The appended comparative table shows the amount of albumin and fat in various foods:

| | ALBUMIN | FAT | WATER |
|--------------|---------|-----|-------|
| Beef..... | 19 | 4 | 72 |
| Mutton..... | 18 | 5 | 72 |
| Poultry..... | 21 | 4 | 74 |
| Fish..... | 18 | 3 | 78 |
| Egg..... | 14 | 10 | 74 |
| Milk..... | 4 | 4 | 86 |
| Cream..... | 3 | 27 | 66 |
| Peas..... | 24 | 2 | 8 |
| Beans..... | 31 | 2 | 12 |
| Lentils..... | 25 | 2 | 11 |
| Nuts..... | 30 | 41 | 10 |

A glance at these figures will show that the legumes and nuts contain considerably more albumin bulk for bulk than any kind of flesh foods, and that nuts are in addition richer in fat than any other food product not excepting cream.

Three quarters of the inhabitants of the globe rarely, if ever, touch the flesh of dead animals. From childhood to old age they subsist upon the fruit of the soil, and are the better morally and physically for their abstinence from "things killed."

It is just as easy for women to furnish their tables with pure, wholesome, well cooked, easily digested food, uncombined with deleterious substances, as to supply them with any other, if they only have the knowledge and the will. If they have the will, they will get the knowledge; for where there is a will, there will soon be a way.

The first purpose of food is to furnish material to repair the waste which is continually taking place with each activity of the body. Every breath, every thought, every emotion, wears out some particles of the delicate and

wonderful organism in the human body. Various vital processes remove these worn particles. To keep the body in health, their loss must be made good by constantly providing renewed supplies of material properly adapted to make the living substance needed.

This renovating material must be supplied by food and drink. Such important building material should be the very best obtainable in quality, and sufficient in quantity, that we may develop our powers to the utmost, and make the most of our own lives.

Poor food is quite as often the result of bad cooking as of the poor selection of material. To serve the end for which it is designed, it should be both nutritious and digestible. The first requisite depends mainly on its selection, the second upon its preparation. Cooking ought to make food more digestible; it should be a sort of partial, preliminary digestion of the food elements. Proper cooking changes each of the food elements, with the exception of fats, in much the same manner that the digestive juices change them. It also breaks up the soluble portions so that they are more readily acted upon by the digestive fluids. Cookery, however, by no means always attains the desired end; and often the very best of foods are rendered useless, unwholesome, and even dangerous by improper preparation. Poor cooking is far oftener the rule than the exception; it is rare indeed to find a table upon which some portion of the food is not rendered unwholesome, either by improper preparation, or by the addition of some deleterious substance which lessens its digestibility.

A CHILD in England was vaccinated by a physician by request of the father. Three times the operation was performed and three times failed. The doctor was puzzled. He inquired into the habits of the child, and was informed that he had been reared on a purely vegetable diet. Then the case was plain. The doctor *advised* the father to feed him on pork and kindred food, and the vaccination would be sure to work! But the father demurred, saying if the absence of pork prevented disease working in the system of his child it should be absent altogether. Sensible father! How many would act so sensibly?

CONSUMPTION AND COWS TRAVEL TOGETHER.

I AM of opinion that tubercular conditions in men and animals are identical after they are started. One fact that strengthens my belief that human bacillary tuberculosis is all derived from the bovine species is that where this animal does not exist pulmonary consumption is unknown.

The Kirghis, on the steppes of Russia, who have no cows, have domesticated the horse, using its milk, meat and skin, and a case of pulmonary tuberculosis has never been known in the tribe. The Esquimaux has no cows, neither has he pulmonary phthisis, and I think it can be laid down as a fact that where the dairy cow is unknown pulmonary consumption does not prevail. Let us treat this disease, especially among the cows, as leprosy was treated of old, and then we shall be saved from the painful necessity of treating the human race in like manner, for I am convinced that if we stamp out tuberculosis in the bovine race a few generations will erase it from the human family.—*Dr. E. F. Brush, Professor of Bovine Pathology.*

CLEANLINESS.

ONE of the very best rules for avoiding disease is expressed in two words,—keep clean. Keep your premises clean; keep your house clean; keep yourself clean. To keep your house clean there is nothing better than soap and water, used freely and thoroughly. Soapsuds is one of the very best antidotes for germs.

Keep yourself clean by a daily bath, and don't forget that internal cleanliness is as essential as external cleanliness. By internal cleanliness is meant the prevention of the system from becoming clogged. When the skin, the liver, and other excretory organs become inactive, the impurities in the system are partly thrown off through the mucous membranes within the body, producing irritation and congestion. The person whose system is clogged is almost certain to be a sufferer from catarrh. But do not take up drugs to regulate the system. Take plenty of water between meals, eat plenty of fruit, avoid all kinds of pastries and greasy foods, and take plenty of exercise. This, in a normally healthy person, will be sufficient.

A STRONG CASE.

At a temperance meeting, an old officer of Napoleon, who had been twenty-three years a soldier, gave his experience. He rose before the audience, tall, erect, and vigorous, with a glow of health upon his cheek, and said, "You see before you a man seventy years old. I have fought 200 battles, have fourteen wounds upon my body, have lived thirty days on horseflesh, with the bark of trees for my bread, snow and ice for my drink, the canopy of heaven for my covering; without shoes or stockings on my feet, and with only a few rags for my clothing. In the desert of Egypt I have marched for days with a burning sun on my naked head, feet blistering in the scorching sands, with eyes, nostrils, and mouth filled with dust, and with a thirst so tormenting that I have opened the veins of my arms and sucked my own blood. Do you ask how I survived all these horrors? I answer, that under the providence of God I owe my preservation, my health, my vigor, to this fact, that I have never drunk a drop of spirituous liquor in my life. And," continued he, "Baron Laray, chief of the medical staff of the French army, has stated it as a fact that the six thousand survivors who safely returned from Egypt were all of them men who abstained from the use of ardent spirits."—*Selected.*

THE HYGIENE OF FASTING.

ALMOST all the great founders of religions have deemed it salutary to prescribe a certain amount of fasting for their disciples. The reason for this, says a writer in the *Blatter fur Volksgesundheitspflege*, is not only the knowledge that it is well for man to conquer his bodily desires, but also the experience that most persons eat too much. To overload the stomach with food is not less unhealthy than to deluge it with beverages; the more nutritious the food, the more hazardous the consequences when excess is habitual. Of all the sins of nutrition, the immoderate use of meat is certainly the most grievous. It gives to the body, in a form that is favorable to assimilation, the albumin that is absolutely necessary to life, and hence the earliest effect of its excessive use must be to surcharge the body with nutrients.

STRETCHING is a very good exercise.

THE DIFFERENCE BETWEEN WORK AND PLAY.

DAVID PAULSON, M. D.

MANY a country boy groans because he has to saw enough wood daily to supply the kitchen stove. A few years later, when he enters college, he will work ten times harder on the ball ground without uttering any protest, for now he is engaged in play. The young girl who has succeeded in convincing her indulgent mother that she cannot use the long-handled broom sufficiently to sweep the cobwebs from the ceiling without crippling her back, can ordinarily go into a gymnasium and execute exactly the same movements for an hour at a time in wand exercises, and enjoy it immensely. Viewed from a physiological standpoint, there should be absolutely no difference between work and play; but practically it is very evident that there are far more satisfactory physical benefits derived from play than from actual work.

In a recent issue, the editor of one of our popular magazines enumerates some of the various hardships and physical exertions to which men are willing to submit, at various health resorts and watering places. He then establishes this distinction between work and play: "Work, therefore, is anything for which you are paid; play is the same thing, or anything else which you pay for." If we only could appreciate the real blessings that there are in various forms of physical exertion, we should then secure the same enjoyment and benefit from ordinary occupations that we now secure only from extraordinary recreation. When we recognise that every movement of our bodies is promoting important tissue changes, then we shall begin to secure some of the same pleasure from useful work that we now derive from useless play.

PHTHISIS NOT HEREDITARY.

D. H. KRESS, M. D.

SIR RICHARD THORNE, in a lecture before the members of the London Medical Society on "The Prevention of Tuberculosis," said, "A damp sub-soil, the exclusion of air and sunlight, were among the principal causes of the prevalence of this disease." "It would be better for the people," said he, "to pay more rent than to go on believing the lies that con-

sumption ran in families. It did not. But it did run in houses."

There is undoubtedly much truthfulness in his conclusions. I fully believe it would be easier to trace house heredity than family heredity. Nearly every case of consumption can be traced to a damp house, surrounded with trees and shrubbery excluding air and sunshine. Patients are frequently advised to make a change in the climate. After recovery takes place it is often considered dangerous to return home, as a relapse is apt to occur. Recovery is not a result of change of climate, but is due to out-door life; the relapse is not due to the change in climate, but to the fact that the patient again returns to the death-trap he left a few months previous. If during the patient's absence some of the trees and shrubbery were cut down, the blinds of the windows thrown back, and windows opened, admitting air and sunshine freely, he would be simply stepping from one health resort to another, and no ill effects would follow. No doubt climate has much to do in restoration; a high dry altitude, with plenty of sunshine, is the most favorable.

THE world is going down physically, mentally, and morally, and deterioration and degeneracy are taking place much more rapidly than can be discovered by a cursory observation. The more this question is studied, the more apparent it will become that the only hope for the world is to be found in the reformation of the habits of individuals, whereby a new and healthy race of human beings may be developed. We hear a great deal nowadays about the new woman. The new man is just as much needed as the new woman. We need general reconstruction all around.

THE EFFECTS OF ALCOHOL AND COFFEE.

THE *Medical Press* recently called attention to the fact that coffee may produce effects similar to those induced by alcohol, among which are palpitation, a feeble pulse, trembling, twitching of the limbs, and other indications of profound poisoning. This fact is one to which coffee drinkers should give attention. The use of tea and coffee is only a respectable sort of tipping, the effects of which may be as injurious as those following the use of alcoholic drugs.

Questions and Answers.

Fruit—Legumes—Neuralgia.—1. Does fruit slowly simmered without water or sugar lose its healthful, cleansing properties? 2. Can legumes be prepared in any way to agree with one who can take only dry foods? 3. What treatment would you prescribe for chronic neuralgia of the stomach?

Ans.—1. No.

2. Yes. Cook thoroughly, removing the hulls; put through a colander, and bake in the oven till quite solid. Cut into slices and toast in the oven.

3. A bland dietary, consisting of buttermilk, thoroughly cooked cereal foods, sweet fruits. Condiments, coarse vegetables, and meats should be avoided. Improve the general health by daily cold bathing and by fomentations applied over the parts to relieve the pain.

"Shortening" in Bread.—Is there any physiological objection to "shortening" in bread, and if so, what?

Ans.—Free, or separated, fats, unemulsified fats in any form, butter, lard, or any other form of grease should not be used for shortening bread. Any sort of fat mixed with starchy substances renders them indigestible. Bread shortened with butter, etc., is far less digestible than bread prepared of simply flour and water. The reason for this is that the saliva acts upon the starch only, and cannot act upon fat. When the starch particles are permeated or covered with fat, the saliva cannot digest them. The same is equally true of the particles of gluten in the bread, which are digested by the gastric juices.

Disturbed Sleep.—Can you inform me what to do for disturbed sleep?

Ans.—There are many patent remedies advertised and administered to induce sleep. These are nearly all injurious and should be avoided if possible. The removal of the causes is the first and most important thing. There may be insufficient out-door exercise. "The sleep of the laboring man is sweet." It may be due to eating before retiring, or general dietetic errors during the day. A gentleman recently informed me that he had not passed a night without having disturbing dreams for fifteen years, and he would awake in the morning feeling worse than before retiring. After being placed on a rational diet, all these disagreeable symptoms disappeared. My advice would be to take sufficient out-door exercise, keep the sleeping room well ventilated, eat only two meals a day, the last meal not later than four o'clock, and the probability is that your sleep will be sweet. A neutral full bath, temperature of water about ninety-six degrees, for twenty or thirty minutes, just before retiring, is very good in obstinate cases to break up the habit.

Insomnia may also be due to cerebral congestion or to anæmia of the brain. If the face is flushed it is probably the former. A hot bag or stone to the feet, a hot drink of water and the slight elevation of the head are helpful. The object is to draw the blood away from the brain. If the face is pale, it is due to too little blood in the brain. Keep the head on a level with the body, and apply a hot water bottle to

the base of the brain. This will be found helpful. Never resort to drugs. A drug that will paralyse the nerve centres controlling sleep will also paralyse the nerves controlling nutrition. Sleep induced in this way is of little benefit; the brain cells are not recharged with energy granules as they are during normal sleep, so that one has about the same amount of energy to start the day with that he had when he retired. Sleep of this kind is not refreshing.

Nuts.—What are healthful ways nuts can be used?

Ans.—Nuts contain a large amount of albumin, and fat combined. They are a very highly nutritious food, but are difficult of digestion if care is not taken to thoroughly chew them. For this reason children, old people, and those having poor teeth, do not find them agreeing with them when they eat them. The brown cellular skin covering them is often indigestible because dry and hard. Peanuts and almonds are very nice blanched by putting them first into boiling water, letting them remain a few minutes, then into cold. The skins will loosen up, and they can be slipped off. When all skins are removed, dry them by placing on a clean tea towel. Lay them in a shallow baking dish, pour over them just a few drops of salad oil, and sprinkle a little salt over them. Stir well until each nut is covered with oil and salt. Place in the oven and brown. Barcelona and English walnuts can be eaten as they are, with something hard like a water biscuit or zwieback. All nuts are very nice ground in the "Ida" bread mill eaten with fruit, or made into breads.

Cocoanut can be grated on a grater, and used as it is over fruit such as oranges, bananas, stewed apples, etc. The cocoanut can be made into milk or cream. Grate the cocoanut, pour over it enough hot water to well cover. Pour this all into a bag made of butter cloth or thin muslin. With the hands wash and wring out all milk. Let it stand, and a fine cream rises on top. This cream can be used any way that dairy cream can. It makes very nice pastry. The milk can be used in any way that we use dairy milk. We have used it with great satisfaction often, and find most people enjoy it very much.

Toothache.—What can I do for periodical toothache?

Ans.—Toothache and neuralgia are usually associated with each other. They indicate an impoverished condition of the system, the nerves crying out for food. Where the direct cause is an ulcerated tooth, it should at once have the attention of a competent dentist. The best thing to do is to eat proper food, and surround yourself with conditions calculated to give the nerves what they are calling for,—pure food,—then the difficulty will disappear. Many people have ulcerated gums which are a great annoyance. This is largely due to the use of soft foods. The monkey has hard gums and bright polished teeth, because he uses hard foods. The best thing for soft gums is the mastication of hard foods. Cattle fed on distillery slops will in time lose their teeth altogether. Nature provides only for our actual needs; when there is no use of the teeth, because of eating foods that do not need mastication, they decay.

USE RECKITT'S BAG BLUE.

Olive Oil.—Is olive oil healthful as an article of diet?

Ans.—Pure olive oil is almost unobtainable. The olive oil of commerce is adulterated corn and cottonseed oils. All free fats are hard to digest. Unless freshly made, free oils are practically certain to be more or less rancid, and hence very objectionable.

Inflammation of the Bladder.—1. Is sulphur water good for one with inflammation of the bladder of five months' standing? 2. What home treatment will relieve it?

Ans.—1. The copious use of water of almost any sort is good in such cases. Sulphur in the water does not increase its beneficial properties.

2. The prolonged sitz bath at 92-98 deg., with a diet consisting of fruits, grains, and nuts, copious water-drinking, abstinence from flesh foods, exercising great care to avoid taking cold or becoming chilled. The morning cool bath carefully administered so as to prevent chilling, an out-of-door life, and, if necessary, irrigation of the bladder by a competent physician. Such a case usually requires skilled medical care.

Chicken Breast.—1. Please give some idea of the trouble known as "chicken breast." 2. This developed as the result of a bruise sustained at the age of seven. Does it indicate tuberculosis? 3. Would such a person be liable to transmit such a deformity or similar ones to his children? 4. Can you suggest a remedy? 5. At the age of twenty-five would an operation benefit him?

Ans.—1. It is a deformity usually the result of mouth breathing from obstruction of the nostrils.

2. It does not indicate tuberculosis, and is probably due to nasal catarrh rather than the bruise.

3. No; but he is likely to have a feeble constitution, which he may transmit to his children.

4. It cannot be removed in adult age. In early childhood it may be corrected by means of special exercises for strengthening the arms and chest.

5. No.

SHOULD ONE DRINK HOT WATER OR COLD?

That depends upon the condition of the stomach. If there is gastric catarrh, one should drink hot water quite freely,—one or two glasses at a time, an hour or so before eating; in very bad cases, half to three-quarters of an hour before eating. If there is hypopepsia, take half a glass of very hot water half an hour before a meal. For hyperpepsia take half a glass of very hot water half an hour before a meal. If one is fat, he should drink a good deal of water so as to keep up perspiration. Do not be afraid of increasing your weight by drinking water, because you can quickly sweat it out by exercise. Thin people should drink freely, for water is good for both fat and lean people.

Water is a great regulator of nutrition. By taking an extra supply of water, we may increase nutrition if that is needed; or we may increase the tearing down of the body and the elimination of waste matters, if there is an excessive accumulation of those substances. Take from half a glass to a glass at a time; in a few minutes more, drink again. It is not well to drink glass after glass of water at once, until there is a feeling as of a great load in the stomach. The use of ice water in hot weather is injurious, because it has a very depressing effect upon the stomach. Hot drinks in large quantities, unless especially required by some diseased condition, are also to be avoided, because they have a tendency to depress rather than stimulate the digestive functions. Very cold water and very hot water are both depressing. Water at about 70 deg. is the most wholesome.

"It cannot be a matter of indifference what a man eats and drinks. He is, in fact, choosing his animal and moral character when he selects his food."—*Lancet*.

"O MAMA," exclaimed little Arthur, all out of breath, "I've just been playing with the Goodwin children, and they have the measles at their house. Now, can I eat all the cake I want to, cause you know I'm going to be sick anyway?"—*Motherhood*.

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NATURE'S BEST.

ACCORDING to the Mosaic record, God said to our first parents, "Behold, I have given you every herb bearing seed which is upon the face of the earth, and every tree in which is the fruit of a tree yielding seed; to you it shall be for meat."

HESIOD, the Greek poet who lived about six hundred years after Moses, says, "The uncultivated fields afforded the human race their fruits, and supplied their bountiful repast."

PYTHAGORAS, the philosopher who lived five hundred years before Christ, gives the same account of the dietetic habits of primitive man. He also urged his followers to live in the same simple and natural way.

HIPPOCRATES, a physician who lived about four hundred years before Christ, says, "In the beginning man subsisted on the spontaneous products of the earth."

ODD, the Roman poet, in relation to the diet of the first generations of men, says,—

"Content with food which nature freely bred,
 On wildlings and on strawberries they fed;
 Cornels and bramble-berries gave the rest,
 And falling acorns furnished out the feast."

PORPHYRY, a Platonic philosopher of the third century, says, "The ancient Greeks lived entirely on the fruits of the earth."

REMEMBER that health is a blessing which can be obtained by poor and rich alike only through obedience to the natural laws ordained by the Maker.—*Selected.*

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