



Conducted by "ISOBEL"

Food in Health and Disease

By Mrs. Muir

A synopsis of Mrs. Muir's address to the Labor League is as follows: "Scientists have told us that we require carbon, hydrogen and nitrogen in order to build up and repair the waste of the human body, that it takes these from the food we eat and rejects as waste matter other constituents. Newer scientists tell us that since the human body is composed of almost all the known elements it, to be kept in health, must extract in proportion as they are needed all of these from food, air, water, etc. There is no such thing as a perfect food, because no two stomachs treat food in the same way and no food will be of equal service to the sedentary person and the person of action, nor will it be equally adapted to summer and winter or for consumption in every part of the earth's surface. Under various conditions the same food may prove a benefit, an incumbrance and a poison.

"To illustrate, let us visit an electroplating or metal refining warehouse. Here we see a large vat containing a pile of scrap metal. A workman pours into the vat a large quantity of a special acid, switches on an electric current and awaits results. In a few hours he would find his junk pile considerably changed. Every particle of copper has sweated itself out leaving a mass of dirty residue, and at the electrically negative end of the vat there is a huge lump of solid and pure copper.

"Should the workman wish to gather all the silver or gold from the junk pile he would use a different acid in the vat and alter the temperature to suit the desired results.

"To apply the illustration, the body might be likened to the vat, the electric current represents animal magnetism or man's finer forces, the junk heap of metal represents the food variety, and the varied acids that may from time to time fill the vat are similar to the constantly changing conditions of the stomach and circulatory fluids brought about by the varied changes of thought, feeling and passion of the person.

"The question that resolves itself into not 'what kind of food shall we eat,' but 'what kind of thought shall we indulge in previous to eating?' for it is the thoughts and emotions just previous to eating that have the strongest determining effect upon the quality of the food extracted from the pulpy mass that enters the human stomach.

"When the mind is ill at ease, inharmonious, fretted with thoughts of anger, hatred, jealousy, etc., it tends to draw from the food all the alkalies and these quickly clog the body with starchy matter, bringing about in time a chronic condition of disease.

"If the mind is easy, contented, harmonious, it tends to draw from the food all the clean acids which cleanse and sustain the body. There was sound philosophy, although our teachers may not have realized it in impressing upon our childish minds the necessity of grace before meals, for to have the mind in a reverent attitude just previous to eating is to assure the body of the best possible nourishment for it in the food eaten."

The speaker here gave many illustrations of disease caused by various thoughts and then proceeded to analyze food itself as a factor in health. White bread was denounced as a poison except in homeopathic doses. It is a potent factor in causing catarrh and deafness by destroying the sensitiveness of the ears. Potatoes were denounced as causing lymphatic congestions, sensuality, dysentery and diphtheria. In countries where the potato is not eaten diphtheria is practically unknown. Diphtheria exists in the heart first. The potato tends to form fibrinous clots in the heart, and this

manifests itself in the throat. Little use to swab the throat while the heart is affected. Gargle the throat with cayenne pepper, cleanse the system with a light acid diet and the diphtheric condition quickly disappears. A general survey was given of the most common foods and the recognized methods of supplying the body's wants in salts from mineral products denounced as fallacious. When an animal is caught licking a piece of rusty old iron or railway track to supply its blood with iron then we may expect "iron pills" to put health into our bodies and color into our cheeks.

"Let us never forget," concluded the speaker, "that the food of one person is the incumbrance of another. If we in our ignorance and selfishness surfeit our bodies with unwholesome foods and our minds with degrading thoughts we are making it that much harder for those in our immediate surroundings to live clean, wholesome lives. We cannot live unto ourselves alone. It behooves us, then, to use the utmost care in the selection

carry me to my patients," laughed the doctor; "I will be off at once, seeing I must go afoot."

A little later the doctor set off on his round of calls. The first patient he wished to see was his niece, Rosemary, who had sprained her ankle the day before. The doctor made his way through the snow, thoroughly enjoying the spotless whiteness surrounding him and the keen fresh air. Rosemary greeted him with smiling surprise.

"You dear Uncle Jack!" she cried; "Bertha and I were both sure you would not be able to come to-day, when we heard King Bruce was lame."

"A fine doctor I would be, to let a lame horse keep me from calling on my patients!" the doctor answered, as he unwound his muffler, unbuttoned his coat, and sat down beside his niece.

"But how do you do it, anyway, Uncle Jack—find time for everything?" Rosemary asked.

"By doing only the things I believe worth while, and by making every stroke count. That is the secret, lassie," the doctor answered.

"That is easier said than done, Uncle Jack," chimed in Bertha, who, having followed the doctor into the room, had heard his last words.

"It is not difficult if we make it a practice to

'Do the things we must
Before the things we may.'

Dr. Jack answered. "I'm glad you feel that way, and didn't let King Bruce and the snow and other things keep you away, Uncle Jack," Rosemary said.

Bertha did not speak, but stood looking thoughtfully on while the ailing ankle was being dressed, giving such assistance as her uncle needed.

After the doctor had gone, Bertha set the red geranium plant in the sunshine



Home of Philip Harper at Springdale, Wash.

of our food and in our mental attitude before meals."

BIG FEET COMING

Will they ever succeed, those women who have made themselves champions of that dread of their sex, from the Chinese lady to the French woman of fashion, the big foot?

The vogue of the big foot has been started in Munich, home of the German art, and in distinguished circles, it is said. An Austrian lady, Baroness Moho, while travelling in the Bavarian highlands, came to the conclusion that French shoes and high heels for mountain climbing were not only dangerous, but ugly and in bad taste. It was but a step to the cult of the big foot.

Of course, the wits are having their fun with the big one, just as they have always had with the little one, but the ladies intend even to dance at Court in shoes of ample size. And what is more, their little girls are to be shod in the same principle—at least until they begin to exploit their own ideas on the subject!

Germany took the reformed dress to its bosom, and the reformed shoe will therefore have an assumed following in that country. But will anyone offer it shelter in France?

DR. JACK'S SECRET

"It's just as we thought, Dr. Jack—King Bruce has gone lame, and you can't use him," said the doctor's man, as he entered his master's office.

"Well, Matthew, it's a good thing that shank's mare is in prime condition to

where Rosemary could see it, and said, as she turned to leave the room:

"I'm going to take the shell-pattern to grandma now, dear. You won't mind being alone until mamma comes back from the meeting, which will be soon, I think."

"No, I don't mind being alone, Bertha," Rosemary answered. "But I thought you had decided to finish that book instead of taking the long tramp to grandma's through the snow."

"So I had, before Uncle Jack called. Now 'the thing worth while' seems not to disappoint grandma. It is just the day she will like for starting the shell-pattern."

"And do you know, dear," Rosemary answered quickly, eager to return her sister's confidence, "before Uncle Jack called I had planned to work on my head chain, which I am anxious to finish. But now 'the thing worth while' seems to be to hem the towels mamma wants out of the way. Will you bring me my work-basket and one of the towels? They are in the lower drawer."

A few minutes later, Rosemary, seated in the big chair beside the window, her foot resting on a stool, stopped sewing to watch Bertha walk briskly down the snowy path and out to the road beyond.

"I'm glad Uncle Jack shared his secret with us," she said, as she bent above her hemming. "It has helped Bertha and me to

'Do the thing we must
Before the thing we may.'

IN THE AIR SHIP

"Conductor!"

"Yes, madam."

"Let me off at that pretty cloud."

H.H.H.

COURAGE

Because I hold it sinful to despond,
And will not let the bitterness of life
Blind me with burning tears, but look
beyond

It's tumult and its strife;
Because I lift my head above the mist,
Where the sun shines and the broad
breezes blow,

By every ray and every raindrop kissed
That God's love doth bestow;
Think you I find no bitterness at all?
No burden to be borne, like Christian's
pack?

Think you there is no ready tears to fall,
Because I kept them back?

Why should I hug life's ills with cold
reserve,
To curse myself and all who love me?
Nay!

A thousand times more good than I
deserve,
God gives me every day.

And each one of these rebellious tears
Kept bravely back—He makes a rain-
bow shine;
Grateful I take His slightest gift no fears,
Nor any doubts are mine.

Dark skies must clear, and when the
clouds are past,
One golden day redeems a weary year;
Patient I listen, sure that sweet at last
Will sound the voice of cheer.

Then vex me not with chiding—let me
be,
I must be glad and grateful to the end,
I grudge you not your cold and darkness,
me,

The powers of light befriended.
—Celia Thaxter.

PAYING FOR THE PIPES

The colored parson had just concluded a powerful sermon on "Salvation Am Free," and was announcing that a collection would be taken for the benefit of the parson and his family. Up jumped an acutely brunette brother in the back of the church.

"Look-a-yere, pahson," he interrupted, "yo' ain't no sooner done tellin' us dat salvation am free dan yo' go askin' us fo' money. If salvation am free, what's de use in payin' fo' it? Dat's what I want to know. An' I tell yo' p'intedly dat I hain't go'n' to gib yo' nothin' until I fin' out. Now—"

"Patience, brudder, patience," said the parson. "I'll lucidate: S'pose yo' was thirsty an' come to a river. Yo' could kneel right down an' drink yo' fill, couldn't yo'? An' it wouldn't cost yo' nothin', would it?"

"Ob cou'se not. Dat's what I—"
"Dat water would be free," continued the parson. "But s'posin' yo' was to hab' dat water piped to yo' house? Yo'd have to pay, wouldn't yo'?"

"Yass, sah, but—"
"Waal, brudder, so it is wid salvation. De salvation am free, but it's de havin' it piped to yo' dat yo' got to pay fo'. Pass de hat deacon, pass de hat."—Ex.

THE CRUCIBLE

(By O. Henry)

Hard ye may be in the tumult,
Red to your battle hilts,
Blow give for blow in the foray,
Cunningly ride in the tilt;
But when the roaring is ended,
Tenderly unbeguiled
Turn to a woman, a woman's
Heart, and a child's to a child.

Test of a man if his worth be
In accord with the ultimate plan,
That he be not to his marrying,
Always and utterly man;
That he bring out of the tumult
Fitter and undefiled,
To woman the heart of a woman
To children the heart of a child

Good when the bugles are ranting
It is to be iron and fire;
Good to be oak in the foray,
Ice to a guilty desire.
But when the battle is over
(Marvel and wonder the while)
Give to a woman, a woman's
Heart, and a child's to a child.

OLIVE OIL A CURE FOR MANY ILLS

Olive oil possesses a food value beyond any other article used as food. It can be used by persons in delicate health as well as by the most robust. It is always safe and always valuable. It is indicated in practically all wasting diseases, in cases of mal-nutrition and in all persons of low vitality.

"It is prescribed by physicians. It