

# BETTER HEALTH DEPARTMENT

## True Economy; Meats and Their Substitutes; True Value of Nuts

WRITTEN FOR THE ONTARIO BY A SPECIAL CONTRIBUTOR

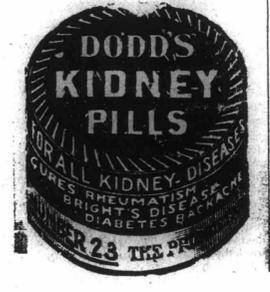
Since many of the readers of The Ontario, read the article in the April 9th issue on Nuts, I wish to make a few criticisms of this article. As a scientist, an economist, and a teacher of the things that make health, and as the editor of the Better Health Department of the Ontario, I must do this.

Perhaps some people are anxious to eliminate meat from their menus because of its soaring cost; most people, however, who are giving this matter any thought, are doing so because they are learning to choose and combine their foods with a view to increasing and maintaining mental and physical efficiency. They look farther than the mere saving of a few cents at the time of the purchase of the food. They look beyond the saving of time in preparing the food and beyond the momentary tickling of the palate when eating the food. Their economy is vital economy; it puts life, vim, vigor, endurance, self-control, and beauty into their bodies and minds, while it keeps them young. No other economy is worth considering for even a moment. The most nutritious and the most delicious foods are those that keep the body in perfect repair and cleanliness, and that cost on an average far less than any other kind of food. They also require the least preparation. In fact they grow almost ready for use, and are put on the market ready to be served, as:

- First Course—10 English Walnuts or 20 to 30 filberts or 2 ozs. of raw peanuts whole or flaked.
- Second Course—1 large ripe banana.
- Third Course—2 doz. red Persian dates and one glass of sweet milk, (a bite of date to be chewed thoroughly with a sip of sweet milk. No more delicious custard has ever been made than one enjoys by simply chewing the dates and sweet milk together; nor was any custard ever made with so little thought and care and time and money.)
- Fourth Course—1 or 2 raw mellow apples eaten skin, seeds, core and all.

The above is a menu that fills in variety, quality and quantity, and need of the body and every desire of the civilized, falsely educated palate of an average sized hard-working laboring man on a cold winter's day. Of the nuts suggested, the raw peanuts are the best choice, both as to food value and the cutting down of expenses. The total cost of this meal peanuts being the first course, is 10 or 11 cents. Every article of food in this menu requires time for thorough chewing, and no person not well rested from one's work and with leisure to eat it wisely, should choose to eat it. It is a meal that anybody, man, woman or child of 6 or 7 years, can buy, prepare, serve and eat, alone or in company with others. It is also an appropriate meal for breakfast, dinner, or supper, or all three meals. A perfectly well, strong child would require about half the above quantity of food; as 1 oz. of finely flaked raw peanuts, half large ripe banana, 10 to 12 dates with 1-3 glass sweet milk, and perhaps a small apple. The child will eat no more than it needs, will eat its food naturally and with no need of coaching in good manners, and will enjoy every bite it eats while it chews its food perfectly. Children who eat this menu as they get well and keep well; and are a delight to themselves, their parents, and friends during the progress of the meal. A seven-year-old child will require about 50 per cent more food than the four-year-old; as 1-2 walnuts or 15 to 20 filberts or 1 1-2 ozs. raw peanuts; 3-4 of a large ripe banana; 15 to 18 dates with 1-2 glass sweet milk. Bananas are not ripe enough for digestion until they are soft and mellow, with the skins well speckled with black, such bananas sell from 5 to 15 cents per dozen the year round. When every family learns that large ripe bananas are available, are far more nourishing than the best bread, they will be bought by the bunch instead of by the dozen or half dozen, as a necessity, at a much lower price than at present. A hard working man or woman can then live indefinitely on 1 dozen large bananas per day for 5 cents, without spending any time or labor in preparing the two or three meals.

People "who perform hard labor" do not need any different menus from those who lead less active lives. The building up and cleansing of their bodies require the same pure air, pure water and pure food that every other person's body requires, they



Dr. Williams' Pink Pills for Pale People. A Substitute for Meat. It is just as sensible to talk about a substitute for liquor or tobacco or coffee as a substitute for meat. Meat is to be cut out of one's diet for the same reason that these things are. However the highly nitrogenous meat diet is not nearly so harmful when combined with a liberal supply of lettuce, parsley, spinach or celery, or a combination of these. These fresh, green vegetables, uncooked, on account of their richness in positive, alkaline, mineral elements are the best bone, blood and nerve builder. They largely neutralize the poisons formed by the meat. With the meat no bread, no milk, no nuts, no potatoes, should be eaten. The meat should be taken into the mouth alone and chewed barely enough to be comfortably swallowed. It should be eaten as the entire first course, followed by the green juicy vegetables. If a dessert is desired, it should be apples raw or baked. The digestion of a meal depends as much upon the combination, preparation and proper eating of the foods as upon the selection of wholesome foods; in fact more so.

Eggs was the first popular substitute for meat. Instead of making a better selection of food, a worse one was made. A well selected, properly prepared egg will not get one into the trouble that an excess of eggs will. Eggs tend to produce, in the process of digestion, large amounts

of acids, alkaloids, pomanines, and noxious gases. Storage eggs are especially poisonous. The egg is a perfect food for the unborn chickens; it has no place, except as a last resort, in the list of foods for the human beings. There it should always be eaten with green leafy vegetables or sweet fruits such as dates, figs, prunes, grapes, raisins, bananas, ripe olives, or both. Eggs should always be eaten sparingly. Even so, eggs were good food, they would always prove unsatisfactory, because of the great range in price—from 15 cents to 80 cents per dozen. When they are cheap people eat far too many; when dear, they practically eat no eggs at all.

Lentils, beans, peas, are common substitutes for meat. An excess of weakness; great care must therefore be exercised, not to eat too great a quantity and to combine them properly with adequate amounts of juicy fruits and green vegetables, they also require the most thorough mastication and should always be eaten alone as the first course of the meal.

The last substitute and the one that will some day be the universal substitute is nuts—nuts in their raw state and uncooked. They are the foolish or ignorant enough to waste her time in destroying greatly through cooking, the nutrient value of the nuts, nor in using them to make indigestible nutmeats, satipies, tarts, roasts, etc. These dishes are just as costly as meats, do not taste so well, and are far more indigestible; they are also infinitely harder to prepare. The delicious flavor of the nuts is almost entirely destroyed by cooking. Nuts are to be eaten raw, in small quantities, as the first course. They are easily digested when well chewed. Finely flaked peanuts are perhaps the most easily digested of all the nuts as well as the most nutritious. The Dana Nut Flaker flakes them without extracting a particle of their oil, so fine that they dissolve instantly in warm water or fruit or vegetable juice. Old and young can, therefore, eat them to advantage. Shelled, they cost 15 cts. per pound; unshelled 13 cents. The little pink skins are one of their "sweeteners" and are to be eaten, flaked or unflaked. Peanuts differ from all other nuts in that they never get rancid; age light and air only make them sweeter. In summer one can live exclusively on raw peanuts and any of the fresh green vegetables, such as lettuce, spinach, dock, dandelion, sorrel, cress, endive, celery, radishes, tomatoes, cucumbers and parsnips and melons. In winter, nuts, prunes, dates, sweet milk, bananas, lettuce and apples are the best of all foods and all that the body needs.

Nuts contain from 10 to 20 per cent of proteins, 50 to 65 per cent of fats, 5 to 10 per cent of carbohydrates, and from 10 to 20 parts per 1000 of the positive mineral elements and are three times richer in proteins and fats than meats.

### SPRING BLOOD IS WATERY BLOOD

#### How to Get New Health and New Strength at this Season

Spring ailments are not imaginary. Even the most robust find their winter months most trying to their health. Confinement indoors, often in over-heated and nearly always badly ventilated rooms—in the home, the office, the shop and the school—takes the vitality of even the strongest. The blood becomes thin and watery and is clogged with impurities. Some people have headaches and a feeling of heaviness. Others are low-spirited and nervous. Still others are troubled with, disfiguring pimples and skin eruptions; while some get up in the morning feeling just as tired when they went to bed. These are all spring symptoms that the blood is out of order and that a medicine is needed. Many people take purgative medicines in the spring. This is a serious mistake. You cannot cure yourself with a medicine that gallops through your system and leaves you weaker still. This is all that a purgative does. What you need to give you health and strength is a tonic and health medicine that will enrich the blood and soothe the jangled nerves and the one always reliable tonic and blood builder is Dr. Williams' Pink Pills. These Pills not only banish spring weakness but guard you against the more serious ailments that follow, such as anaemia, nervous debility, indigestion, rheumatism and other diseases that become more common in the spring. This is a proof of this Mrs. D. E. Hughes, Hazenmore, Sask., says: "About a year ago I was badly run down, my nerves were all unstrung, and I could not go up stairs without stopping to rest. As I was a long ways from a doctor, I decided to take Dr. Williams' Pink Pills and in the course of a few weeks I felt like a new person. As an all round restorative I can heartily recommend this medicine."

If you are ailing this spring you cannot afford, in your own interest, to overlook so valuable a medicine as Dr. Williams' Pink Pills. Sold by all medicine dealers on any of the 50 cents a box or six boxes for \$2.50 from Dr. Williams' Medicine Co., Rockville, Ont.

### ARBOUR DAY

#### Observance Should be General—The Objects for which it Stands are the General Advantage of Canada

Arbour Day is not observed in Canada to the extent which its importance warrants. The people of Canada must ever keep in mind their dependence upon their forests. With large areas suitable only for forestry purposes, it is essential that the value of trees and their protection should be thoroughly impressed upon Canadians. While Arbour Day is observed in the

rural schools, and in some city schools, its recognition by the general public is not as general as it should be. In the Province of Ontario, Arbour Day is celebrated to a limited extent in the schools. This is not sufficient, however. The observance of Arbour Day should be general. There is need in every part of Canada, for the education and instruction which Arbour Day represents. The day should be observed as a public holiday, at a time most suited to the climatic conditions of the locality. Public observance should be given to Arbour Day and the planting and protection of shade trees, the preparation of flower and vegetable gardens, and the thorough cleaning up of homes and surroundings should be advocated as special duties for the day.

Arbour Day has its justification in the value of trees, from whatever point of view they may be considered. Nothing contributes so much to make the world a pleasant place to live in as trees. The true home feeling is not satisfied without the presence of the trees, with their shelter and shade, their beauty of form and leaf, their blossoms, and their fragrance, their shadows, with the rustling of the leaves, and their fullness of color in the autumn days. They also afford homes and shelter for our feathered friends—the birds—during their annual visits to us.

There is nothing which will add beauty and value to a home or to a schoolhouse more than the presence of trees; there is likewise nothing which adds more to the comfort of the pedestrian than shade trees on the roadside. The way may be long and dusty, but under the cool shade of the trees relief is found. It is to be hoped, therefore, that the celebration of Arbour Day will become more general; that the planting and care of trees and shrubs around school houses, homes, public spaces and by roadside may have the effect of doing something to increase the appreciation of the value and beauty of trees; and that in thus enlarging the field of Arbour Day activities, greater interest may be created in the protection of Canadian forests from the reckless destruction by fire and the ax with which they are threatened.

### Floral Tributes to Late Vera Platt

The floral tributes to the memory of the late Vera Gertrude Platt, young daughter of Dr. E. O. and Mrs. Platt, were as follows: Father, Mother and Brother—Pillow "Vera." Grandparents—Wreath. Mr. and Mrs. Harman—Wreath. Mr. and Mrs. J. E. Walmsey—Wreath. Mr. and Mrs. W. Smith—Wreath. Daughters of England—Sheaf, Carnations and Roses. Ladies' Rifle Club—Sheaf, Carnations and Roses. Tabernacle Jr. League—Roses and Carnations. Queen Mary School Teachers and Scholars—Sheaf, Roses and Carnations. Tabernacle Mission Band—Roses. West Hastings Liberal Club—Lillies. West Belleville Women's Institute—Sheaf, Carnations and Roses. Mr. and Mrs. J. S. Ticekell—Cross, Roses and Carnations. Mr. and Mrs. A. W. Vermilyea—Sheaf of Carnations and Hyacinths. Mr. and Mrs. Ridley Cole—Sheaf of Roses. Prof. and Mrs. Wheatley—Sheaf of Roses. Francis and Margaret Carter—Sheaf of Sweet Peas and Carnations. Mr. and Mrs. George Thompson and Marjorie—Sheaf of Carnations. Mr. and Mrs. Bennett—Sheaf of Lillies. Vira Kindred—Tulips. Mr. and Mrs. R. Colling—Carnations. Mr. and Mrs. J. E. Walmsey—Sheaf of Carnations. Miss Annie Lafferty—Calla Lillies. Myrtle Andrews and Bessie Vanderwaters—Pink Roses. D. and Mrs. Wilson—Roses and Carnations. Annie and Myrtle Boyce—Roses and Carnations. Beulah Ketcheson—Roses and Carnations. Mrs. Sine—Sheaf, Sweet Peas and Roses. Mr. and Mrs. R. H. Ketcheson—Sheaf of Roses and Carnations. Mr. Martin and Miss Youngusband, and Mrs. Sine—Sheaf of Carnations and Sweet Peas. Alpha Club, Tabernacle—Sheaf of Roses and Carnations. Miss and Kirby Herchimer and Mrs. Sine—Sheaf of Roses and Carnations. Class 15 Tabernacle—Cream Roses. Mr. and Mrs. Peake and daughter—Sheaf of Carnations. J. Walmsey—Tulips. Thelma and Nora Fairman—Spray of Roses and Carnations. Carmaleta Maston—Sheaf of Carnations.

### Resolution of Quinte Chapter I. O. D. E.

The following resolution was passed at the monthly meeting of the Quinte Chapter, I. O. D. E., on Wednesday, April 14th, 1915, at a meeting of the Quinte Chapter, Imperial Order of the Daughters of the Empire, it was Resolved: "That Whereas a peace propaganda ostensibly emanating from certain neutral countries is now being industriously circulated and addressed to the women of the world calling for united effort on their part to stop the war. And Whereas, while we recognize the great value of peace and the terrible misfortunes of war, we also believe that peace with dishonor is even a greater degradation than all the horrors of war. And Whereas, believing as we sincerely do, that the Empire and allied forces have been compelled to resort to armed resistance to defeat the unholily attempt to make honor, liberty and justice subservient to an insupportable greed for power. "Be It Resolved that this Chapter hereby express its unanimous opinion and hope that the women of the world and more especially of Canada will refuse to give any assistance or countenance to any peace propaganda or stopping of the war until such time as the Empire and Allied Forces are able to dictate and procure such terms as will ensure for us and future generations a due and proper recognition of the rights of the weak, the necessities of truth, the honor of nations, and the liberty of all subjects, and that we give every aid and encouragement in our power until such result is achieved. "Be It Further Resolved that a copy of this resolution be signed by the Regent and Secretary and be forwarded to Mrs. H. L. Parke, Secretary, National Chapter, 238 Bloor St. E., Toronto."

### Methodist Transfers

The transfer committee of the Methodist Church of Canada held their annual meeting yesterday, the Rev. Dr. Brown presiding. The following transfers were made: Rev. A. L. Phelps, Bay of Quinte Conference to Toronto Conference. Rev. J. S. I. Wilson from Toronto Conference to Bay of Quinte Conference.

### BULLETS DON'T KILL

At the Toronto Criminal Assizes last week, Harry Asher, a converted Roman Jew, was found guilty of shooting the Rev. Dr. Scott, Presbyterian Minister of Toronto, with intent to murder.

On the evening of the 23rd of December last Dr. Scott was on his way to service in his church when Asher, who had some misunderstanding with Dr. Scott about employment in the Jewish missions of the church, approached Dr. Scott with a revolver and shot five times at him at close range. One of the bullets hit Dr. Scott and one is still in his body but the Dr. has completely recovered. Asher has not been sentenced yet. W. C. Mikel, K.C., as Crown Prosecutor conducted the case against Asher.

### WHY THE WAR IS LIKELY TO LAST

German military critics have not hitherto been inclined to compare German leadership or take any but the most sanguine view of the position. It is therefore not a little interesting to find that almost simultaneously Major Morant, writing in the "Berliner Tageblatt," the military critic of the "Frankfurter Zeitung" are showing impatience at the want of progress on the part of German arms. Major Morant was favorably known before the war for knowledge and independence. He points out that in 1912 General Bernhardi declared: "We certainly shall not act on the defensive behind ramparts and ditches." "But this is just what we have been doing for six months. Hindenburg's magnificent assaults appear to us today like an historic reminder of the warfare of past epochs. But after their his tactics ways degenerate into interminable trench-fighting. The question is whether some new factor has intervened to compel resort to this form of fighting or whether there has been a loss of nerve in our armies which makes them unable to sustain heavy casualties such as usually accompany decisive victories." The situation is certainly not brilliant from the German standpoint, seeing that the Germans at the outset of the war expected swift and tremendous victories, giving them a triumphant peace and the mastery of Europe and the world, in six months or less. In fact, six months have passed and they have not taken Paris or Calais or Warsaw, while their ally, Austria has lost a very large part of one of her most valuable provinces, Galicia. But because the Germans are expressing their irritation at the contrast between their illusions and the stern realities it should not be supposed that they feel themselves beaten or entertain the smallest inclination to resign. They are sure that they would satisfy the allies. We have heard much of the "siege of Germany" but that siege in actual truth has not begun. The ideal of reducing Germany by starvation does not seem very practical in view of Maximilian Harden's admission that the potato-bread campaign is mainly designed to arouse the hatred of Great Britain. The copper famine has not yet reached an acute stage, though substitutes for copper, such as aluminium, are being employed in some cases. On land the Germans hold all but the veriest fraction of Belgium, the valuable industrial and mining districts of Northern France, and the whole of Western Poland. They are only sixty miles from Paris—as near as Oxford is to London. The real fighting has yet to come when the Allies undertake the task of driving the enemy back and hewing a way into German territory. It will be a long process, a hard process, and one involving enormous sacrifice and loss and prodigious exertion on the part of every member of the Great Alliance. No swift and dramatic collapse of Germany is probable. The Germans still have at least three million men of military age to place on the field; they have abundant resources which, according to Sir Edward Holdo, a great banking authority, may enable them to face another twelve months war.—London (Eng.) Daily Mail.

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ESTABLISHED  
GERMAN UNDER  
Sir John French  
Julien—Officer  
Armored Car  
Sides of the  
lies—French  
CAB  
TORONTO, April 21.—A cablegram from commanders whom rumour this morning by cable was sent from is about twenty miles fought just north that the 48th High from Langensack of a cable received Warren at "Mich Hazebrouck is had possible that the 48  
FINE WO  
PARIS, April following official. "To the north this is particularly bomb throwers, an several hundred losses of the ener far from the can soldiers. "On the high Saint Remy, and ground advancing indicating very he man battery."  
FRENCH  
PARIS, April announces the French was torpedoed an the Adriatic off many of the crew were saved. The feet long, had a d tons. She carried Her armament co four 3 pounders a  
GERMAN  
GENEVA, April nes to fall and the of 110 centimes t  
SIR JOHN  
LONDON, April France and Belgi Advice from sever of the German lin tain points. The ern France is bei St. Julien which captured.  
ALLIED FORC  
LONDON, April ment issued last. "After days o landed on Gallipo footing with the e en 500 prisoners. The stateme ally published at. "The allied fo a landing on both ditions. Many pr taining their adva PARIS, April of Kumkaleh, on elles. This announ "During the had the Dardanelles, the Dardanelles, the Asiatic side, fulfilled. "Aided by th of our enemy, ou have continued i night, supported. "We took five appear to have b "The general under good cond