

It has been our endeavor to make the instruction and recipes so practical that the many who are desirous of reforming their diet may do so intelligently. To such, we would say that changes in the habits of a lifetime should be gradual and progressive, as the functions of the body do not readily adjust themselves to changes that are too radical. When flesh foods are left off, digestive juices of a different character are required; but it is a matter of only a short time until the system adjusts itself to the change.

It is certainly true that as one perseveres in a non-flesh diet for a length of time, the relish for spices and condiments diminishes; and as these really serve to blunt the sensitiveness of the palate, there gradually comes into evidence, when they are discarded, a keener discernment of the rarer and more delicate natural flavors, which are quite inappreciable to the taste accustomed to highly seasoned foods. One mistake to be avoided, however, is the opposite extreme. Food should never be served savorless and insipid. As one has expressed it, "When the goodman comes in expecting the usual roast mutton or kidney stew, do not set before him a dish of mushy barley or sodden beans." There is at command a variety of vegetarian dishes, practically unlimited, and savory enough to tempt the most fastidious.

The most common error of those who have eschewed flesh products is that, having developed the taste for natural foods, they are inclined to overeat. Many labor under the delusion that because they have discontinued the use of the more harmful articles of diet, they are licensed to eat all their appetite calls for. Soon they observe symptoms of intestinal indigestion, and attribute it to their having adopted the diet reform. The secret of success in avoiding this error is thorough mastication, and the eating of only a few kinds of food at one meal. The benefit de-