

PROPER DIET FOR SUMMER

TIMELY SUGGESTIONS ABOUT FOOD FOR THE HOT SEASON.

Meats to Be Avoided and Light Meals Advisable—Luncheons and Desserts—The Question of Liquids.

It is not so much a question of the altitude of the thermometer as the manner in which we regulate our daily living that decides whether the summer shall bring comfort and pleasure instead of a succession of trials and discomforts, often ending in serious illness.

Human nature is prone to blame the weather for a host of evils which upon close examination we find are due in large measure, if not entirely, to man's own folly. We cannot go on living, eating and working every day in the year in the same manner without paying the penalty for such a lack of common sense and prudence. The food which we needed to make heat when we had to face wintry winds with the thermometer hovering in the region of 10 degrees is no more needed in July than a furnace fire; yet the man most intolerant of even a range fire in his house goes on playing the unreasonable stoker to his own internal fires and furnishes them with all the heat-producing foods they can consume. Doubtless, also, to allay the discomfort that ensues, he partakes of copious draughts of iced water, which is the crowning insult to his digestion and a menace to his health.

We require neither so much food in summer as in winter nor the same kind but of course, in determining what is best, consideration must be had for

INDIVIDUAL NEEDS.

which vary greatly according to habits of life, occupations and employments. As a rule, persons engaged in manual labor and those who habitually take a good deal of outdoor exercise run slight risk of harm in eating the kinds of food that appetite craves. They generally know better than any others what it is to be healthfully hungry. Even they, however, when the mercury rises in the tube, should eat less meat; no pork whatever, and no greasy foods, and indulge but moderately in the starchy cereals, for all these are heating.

Oatmeal is not a hot-weather dish any more than boiled cabbage, baked beans and plum pudding or mince pie. Eggs and fish should largely replace meat, and abundant use should be made of the delicious vegetables and fruit which nature supplies with such a lavish hand. These succulent leaves, commonly given the generic name of "greens," are rich in the salts which render beneficent aid in regulating the internal economy, and like salads, they should form a part of the daily diet. These we have in such abundance that they are within the reach of all and in so great variety that none need tire of any kind. Spinach, kohi, green tops of young beets, cowslips, sorrel and dandelions, all these are nature's tonics for the human system.

Those who are engaged in sedentary occupations—and this includes most brain-workers—and all others who lead inactive lives, are very apt to clog the organs of digestion with too much and too hearty food; for them an excess of starchy foods—potatoes, bread and rolls of fine flour, and oatmeal—is at all seasons a menace to health, because muscular exercise of some sort is required to accelerate their digestion.

IN HOT WEATHER

they should eat sparingly of all meats, and pork and veal are not to be thought of. Chickens and game birds can be indulged in, and eggs may be cooked in such a multitude of ways that a tempting dish can at all times be made of them. Fresh fish, too, broiled and served with lemon or an appropriate sauce, are excellent for the hot weather diet. But the "fresh" needs to be accented; the flesh must be firm, not slippery; and if it has a very unpleasant odor when cooking it is unfit for use.

The question of liquids and ices is a debatable one, but there lurks far more danger in a glass of iced water than in a dish of that much maligned dairy ice cream. The greatest evil in the ice water habit is that people drink too rapidly; it reaches the stomach in a chilling flood before the temperature is appreciably raised, without effect of course, is to arrest digestion temporarily. If a glass of water be drunk by taking a swallow at a time and holding it in the mouth for a moment, one's thirst will be much more effectively slaked with half the water and without evil effects.

Good pure water in abundance is needed by every human being, as it is absolutely necessary to eliminate the waters of the body. People, as a rule, do not drink sufficient water to satisfy the normal needs, particularly in hot weather, when a larger quantity of liquid is required. A great part of the benefit derived from taking the "cure" at a famous springs is the result of the generous and persistent flooding which the neglected organs of those receive who drink eighteen to thirty glasses of water a day.

A sensible daily regimen, which includes the careful flushing of the body, would prevent a great deal of suffering. And here a plea must be made for the poor babies who are given food every time they cry, when nine times out of ten it is

WATER THEY NEED.

Both the nursing infant and the "baby"

need water, and should have it as regularly as they sleep or eat. When there is the least doubt about the purity of drinking water it should be boiled, then bottled and put on ice to cool. When an infant seems in a critical condition from inability to retain any food, copious drinks of hot water may afford immediate relief, and they are often efficacious in cases of summer complaint.

Desserts should always be tempting, and in summer to fulfill this condition they must be cool and dainty, gratifying to the eye, as well as to the palate. Delicate chilled puddings and fruit jellies, sherbets and punch made of fresh fruits and ice cream are all suitable and healthful, while pies, rich puddings and hot dumplings only repel. A lot of nonsense has been written about the danger of eating ice cream, vivid and harrowing pictures being drawn of its disastrous effects, but these alarmists have evidently not stopped to consider the matter carefully. As a matter of fact, the temperature of ice cream, except when eaten in haste, is almost lukewarm before it reaches that much abused organ, the stomach.

Hot weather luncheons should be of the simplest description. An ideal one is composed of cream or cottage-cheese sandwiches, which can be made with Graham or whole wheat bread, or with crisp saltines or Graham wafers and fresh fruit. For drinks, chilled sweet-milk, buttermilk and iced chocolate are the best. The chocolate should stand till cold, and just before serving have finely crushed ice stirred into it. Cold wine soups, in the German fashion, are also very good, being nourishing, but not heating, and fresh, crisp salads are always refreshing.

In ordering the daily life cast-iron rules should not be held to in summer, and every effort should be made to change the routine and lower the strain under which we live. A delicate musical instrument would be ruined if keyed to a high pitch all the time; and yet how recklessly does man trifle with this marvelous compound of nerves which strings the human instrument! He strains the sensitive chords to their utmost tension and if they waver, steadies them with

SEDATIVE OR TONIC

to do his will. What wonder that they rebel, and there is a jangling, all out of tune followed by days of reckoning when all this self-abuse is atoned for? As we are all creatures of imagination to a greater or less degree, it follows that our environment has an immense influence upon our feelings at all times, and especially in the summer, when we are more prone to analyze these feelings. For this reason, if by force of circumstances we are compelled to join the large stay-at-home colony, the irksomeness of daily routine must be relieved by changing the customary surroundings, by banishing as far as possible, heavy winter furnishings, and adding—these light, summer things which suggest coolness at the first glance. It was never easier to do this at trifling expense than now, for cheap rattan and wicker furniture, cheap hangings and cheap rugs together with a host of other attractive things especially designed for summer comfort, can be acquired everywhere, and best of all, beauty need not be sacrificed to economy.

Thus, in manifold ways it is possible to alleviate trying conditions, and the very effort required to plan these changes will divert the mind and give it new interests—a sure aid in bearing that a day of common sense and consideration for health is approaching when it will be the rule instead of the exception for town houses to have roof gardens. These can be arranged at so trifling an expense, compared with the benefits obtained, that they should be looked upon as a necessary part of the family economy, and one which will return very high interest for the investment.

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LIQUOR AND VOICES.

A physician who has been studying the effect of liquor on the voice states that none of the great singers have ever been teetotalers. Wine, taken in moderation, he believes, is useful for the voice, but beer thickens it and makes it guttural.

OUT OF STEP.

Dinny had enlisted, and his mother went to see him drill. He wasn't very far up in the tactics, and was conspicuous for his awkwardness. But as his fond mother gazed, she exclaimed: "Aw, wisha, look at him, every mother's son of them out of step but me boy Dinny."

GENTLE REMINDERS.

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as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surface. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonial—free.
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