

better off without their patronage. There are too many people in the world who fancy they are doing you a favor when they pay you for your work. And do not take unctio to your soul that by neglecting to provide for yourself here, you are laying up riches in the Hereafter. That was cheap consolation for the early Christians, who were so unmercifully fleeced by their religious advisers. "From him that hath not shall be taken away even that which he hath."—*Medical Brief*.

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ENTIRE WHEAT FLOUR.—Dr. Abbott, in the May *Alkaloidal Clinic*, wields his editorial pen in behalf of pure and nourishing foods—his remarks on "the staff of life" are worthy of repetition. He says: "In the study of cereal foods, it is only necessary to remember that the gluten of these foods is their nitrogenous and only really valuable food element, that on which depends their life-sustaining value, and that in the unfortunately fashionable white flour, this is almost entirely removed; the starch, by far the inferior element, being left behind, constituting the bulk thereof. Therefore, from a chemical standpoint, the use of white flour is foolish in the extreme and from a physiological standpoint it is little less than criminal. Any observant person can pick out dozens of families, in which from 'necessity' bakers' bread forms the main staple of diet, that have not a sound set of teeth from the father to the child of two years old; families in which cholera infantum and convulsions are common in the children, and dyspepsia and constipation the rule with the adults, while the whole family is pasty in color, and lacking in bodily strength and endurance. They get very sick quickly and recover slowly, because they have no reserve force. Let these same persons change to a diet of flour of the entire wheat and the effect is almost marvelous. It has been conclusively shown that one has to buy four barrels of white flour to get as much actual food as is contained in one barrel of a properly prepared flour of the entire wheat. Therefore, to get the actually necessary amount of vital food, the stomach must digest four times as much starch as nature intended it should, while at the same time the pocket pays four times as much money for this as is necessary. While this may be done for a time, for the average stomach to keep it up is manifestly impossible, hence the eating of this immense amount of starch soon destroys digestion, and is constantly adding new victims to the overcrowded ranks of dyspepsia, while the pocket-book is being unnecessarily depleted, as above mentioned. It is high time our people stopped this devitalizing habit of eating impoverished flour and begin to intelligently consider and weigh the consequences.