

BLANCHARD, of NEW YORK CITY, has originated a FOOD CURE system of restoring health. This system has now been in operation many years, and all kinds of disease have been treated with a very high degree of success. The only remedy employed is pure food, concentrated, and, for some diseases, subjected to a process of artificial digestion.

The art of cooking is not as well understood by farmers' wives as it should be, and in many cases they are overworked doing what is now required of them. If a change could be made which would insure the use of more beef and less pork, a largely increased consumption of vegetables and fruits, the substitution of simple dishes for some of those which require much time and labor in their preparation, and which would give a much greater variety of food with less work in fitting it for the table, there would be a great gain to each and every member of the household. The best food cooked in the best manner should find its way to the farmer's table. The best food can be obtained by the farmer as easily as by any one. The complicated and mysterious compounds which cause the troubles, and also the stomachs, of the rich to groan do not come under this head. Good food is simple, nutritious, and simply prepared. It costs less than the dyspepsia-producing dishes which are often furnished, and not half the work is required to prepare it. Wheat, milk, beef, eggs, vegetables, and fruits, will gratify the taste, and furnish nutriment for the system. Oatmeal is a valuable article of food, especially for children. Properly cooked it can be made palatable, and with the addition of milk and sugar it becomes a popular dish. The farmer cannot afford the luxuries of the rich, but he can have food which will gratify the taste, and which will impart health and strength.

PURE WATER.—This is another of the great necessities of the system. A large proportion of the body is formed of water, and quite a quantity is required each day to supply the waste. If the water taken into the system is pure it refreshes and invigorates, but if it is not pure, and a great deal of the water in use on the farm is not, it becomes a source of danger, and soon brings on disease which often terminates fatally. Probably the use of impure water has led to more cases of typhoid fever than all other causes combined. Multitudes of cases of "fever and ague" are caused in this way, while many slow diseases which present a low type of fever, which undermine the constitution, and for which no definite cause can be assigned by the patient, are brought on in the same manner. The true cause of many attacks of disease is not suspected by the patients, their friends, or, until too late, by the physician. We have already dwelt upon this subject at some length, and need only say here that the greatest care should be exercised to keep the water which is used for cooking and drinking perfectly pure.

PROPER CLOTHING is required in order to maintain perfect health. Unfortunately its value is not duly appreciated, and multitudes of people on the farms in this country are not suitably clad. The majority have a sufficient quantity of clothing, but it either is not of the right kind, or else is not worn as it should be. The climate is very changeable and quite trying, not only to invalids but also to well people. In winter the farm house is very imperfectly warmed, and the members of the household are subjected to considerable exposure in passing from the warm to the cold rooms, and in sleeping in cold, close, and poorly ventilated apartments. Farmers' wives are often exposed to severe cold in hanging out clothes after working over the hot water used in washing, and all the members of the family frequently get the feet wet, and take cold as a natural consequence. Farmers are often severely exposed to attacks of disease by getting chilled after working hard and