

WHAT TO EAT.

In one of F. C. Burnand's comedies one character, whose curiosity is objectionable, wants to know what another lived upon while in Mexico. "What did you eat?" he enquires. "What we could get." "And pray, what did you get?" "We got hungry," is the crushing rejoinder.

The dietetic fads, fallacies and philosophies which are offered to this age of cookery and starvation are enough to bewilder the unfortunate dyspeptic who "fain wad eat," and the scarcely less fortunate wights who "hae nae meat," and it is almost surprising that men survive at all when one considers all the elements to be consulted, stomach, experience, purse, wife or boarding ma'am, which enter into the selection of our daily food.

Dr. Salisbury would have us all flesh-eaters like cats. Dr. Ryder would have us eating grain like horses, another philosopher would have us eat fish like the whales, still another would restrict us to vegetables, while a fifth recommends fruits and nuts, and a sixth tells you to "eat anything that won't speak to you."

Dr. Densmore's theories regarding the evil effects of a starch diet are coming to be regarded with some respect. The eating of bread and all other starch-containing foods leads to degeneration of the arteries and intestinal maladies. So he discards all the so called staples of life and recommends a cheaper, pleasanter, cleaner, labor-saving, and wholesomer diet in what he calls the "natural food" of man. Absolute immunity from disease is guaranteed to those who follow the prescribed diet in a regular and systematic fashion, with clear brain, comely appearance, entire absence of fatigue, and an abundant vitality that will carry one buoyantly along for a hundred and twenty years in all ordinary cases.

Dr. Densmore is not unreasonable in his views as the following note shows. "We urge that all fruits in their season—including figs, dates, bananas, prunes, raisins, and apples, etc., fresh and dried, each of many varieties,—be substituted for bread and other grain foods and starch vegetables; and experience teaches us that this course will be found by a brief experiment highly beneficial, alike to the meat-eater and the vegetarian. All persons about to experiment with the non starch food system are

urged at first not to use nuts; but to use instead whatever animal food they have been accustomed to. The central feature of the system consists in abstention from bread, cereals, and starch vegetables, and the liberal use of food fruits."

All the berries in season, apples, pears, peaches, plums, apricots, etc., oranges and lemons, grapes, bananas, melons of all kinds, figs, dates, prunes, raisins and currants, all kinds of nuts especially hazel, brazil, pine kernels, chestnuts, almonds, walnuts, pecans, butternuts, and milk, honey, and eggs are among the natural food eaters' articles of diet. Water is the only drink recommended and very little is necessary with fresh fruits. For hard physical or mental work of 12 or 13 hours a day half a pound of fresh raw fruit (apples, etc.) is recommended an hour before breakfast. For breakfast 2 or 3 ounces of nuts is suggested with 6 or 8 ounces of dates, figs, etc., or prunes, raisins, stewed if preferred, and a little soft fruit of any kind, or honey, or milk; for dinner the same proportions may be followed varying the fruits or nuts used, and similarly for supper. Any jam or preserved fruits may be used moderately. This diet cures and prevents diabetes.

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