

## OLIVE OIL AS MEDICINE AND FOOD.

"Olive oil is now used in many ways at one time never thought of. Besides being more largely used medicinally, it enters into various processes of cooking much more extensively than it did. It is well known that good eggs fried in olive oil are much better flavored than when any other kind of fat has been used. In massage, bathing, and for numerous other purposes the use of this most natural valuable food is greatly extending. The value of good olive oil is beginning to be more generally recognized throughout the world than it formerly was. Eminent authorities have experimented with it and found it a potent agent for many defects of the excretory ducts, especially the skin. Eczema has rapidly disappeared upon a discontinuance of starch foods and substitution of a diet of fresh and dried fruits, milk, eggs, and olive oil. Its beneficial effects when taken in conjunction with a fruit diet have frequent-

ly been marked upon the hair, nails and scalp, and supplying to the sebaceous glands the only substance which they secrete when in a healthy condition, and the absence of which is the cause of debility of the hair, frequently ending in baldness. It has long been observed that those who live on olive oil as a common article of food, and take it as such, are generally healthier and in better condition than those who do not. Its therapeutic and prophylactic properties are now well known to medical men. Oil is destructive to certain forms of micro-organic life, and it is reasonable to suppose that they can best be eradicated from the system by its internal use. The use of oil not only does this, but it restores to the wornout or diseased tissue just those elements of repair that its reconstruction demands."—*Board of Health Journal.*

For burns, crude petroleum poured upon the burned surface and covered loosely with cotton will subdue the pain almost at once.

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