

ized" iron trays used in the evaporators to hold the fruit while drying. Some sour fruits may act slightly on zinc, but it is chiefly from the burning of the sulphur used in the bleaching which causes the formation of sulphuric acid, and this aid in contact with water and air being oxidized or changed to sulphuric acid—known as oil of vitriol—and though in a weak form, it readily acts upon zinc.

VEGETARIANISM appears to be growing. Several of our readers have expressed themselves favorable to it, largely from the fact that it avoids the destruction of animal life for purposes of food. The Vegetarian Society of America, with head-quarters in Philadelphia, Pa., is evidently progressing, and branches are being organized in other cities. It now publishes a monthly periodical—"Food, Home and Garden," of which the Rev. H. S. Clubb is principal editor (2915 Fairhill St., Phila.), and the price of which is 50 cts. a year, or four copies for \$1.00. While agreeing fully with many of the highest authorities who have written on this subject, that less animal food than is commonly used by the majority of people in this country and of the well to do in Great Britain would contribute to health, and especially promote temperance in the use of alcoholic stimulants, we cannot see clearly that a purely vegetarian diet would be best in every respect for mankind.

THE STRONGEST PEOPLE in the world physically, subsist on vegetable food alone, but we are not sure about the mental effects of a continued diet of this kind. It seems probable that it would furnish all that would be required for the best brain effort, too, as muscle and brain are so very intimately associated, especially with the products of animal life, milk and eggs added. With the advancements of science too vegetable foods may perhaps be rendered as easily digested as flesh. It would be a tremendous saving to the country in cost of food if all mankind subsisted on a vegetable diet alone, or even with the addition of milk and eggs, as well as a great economy in many families. Time with the aid of the experience of societies and of individuals will reveal the truth. We are certainly strongly inclined toward the principle. It has, as we have before noted, been observed that peevish, cross, quarrelsome children, accustomed to a diet con-

sisting largely of animal food, may by a change to a diet of fruit and vegetables be so tamed down as to become amiable, kind and happy in a short time.

A MOST ACTIVE and a leading member of the Chicago branch of the Vegetarian Society, which branch there consists of about forty members, is Mrs. Le Favre. Recently she gave expression to the following sentiments to a representative of the Inter-Ocean, who sought from her information relative to the Society: "All meats contain the elements which develop the lower or sensuous faculties in man. They excite and the excitement wears off and leaves exhaustion. If you want to make a butcher or fierce soldier of a man feed him on meat. It is just so with animals that do eat meat. Take a cat, for instance, and feed it on oatmeal instead of meat, and you will be surprised what a beautiful animal you will make him. I have experimented in children and noted the wonderful effect. I often wonder why people feed swine on beautiful corn and themselves on potatoes that are taken from the ground. If you want to raise and ennoble humanity and fit man for the high position he was intended to fill, feed him on fruits and vegetables that grow and ripen in the sunlight. It is an undisputed fact that cereals are good brain food. Animal food creates a taste for alcoholic liquors and tobacco. This has been thoroughly tested."

A GREAT DEAL OF TRUTH and wisdom lies in these words of Mrs. Le Favre, if indeed they be not absolutely true in every respect and expression. Mrs. Le Favre is certainly thoroughly in earnest, being very active too in other good work, such as that of the Illinois Woman's Alliance. With many others we have long contended that man is just about what his diet makes him, makes him, if not in one generation, through two or three. As Mrs. Le Favre says: "You often hear people say, 'We are just as God made us.' That is false. We are just what we make ourselves, nothing more nor less. In other words, mould and develop our forms into perfect specimens of manhood and womanhood, and we can make our moral and spiritual natures just whatever we want them to be by giving ourselves proper food. God made us in His own image and gave us a perfect model. Now do you suppose He has left us without the means of attaining to the perfection of that