

## OLIVE OIL AND OLIVES.

Olive oil, says the Pacific Health Journal, is one of the choicest and most palatable of foods. It contains the largest amount of nutriment of any food, the total being nearly 100 per cent., while the best grains and legumes contain less than 90 per cent.; animal meat, from 27 to 38 per cent.; fruits and vegetables still less. One ounce of olive oil per diem encourages the action of the bowels, and aids digestion in a remarkable way. A vegetable diet is generally too poor in fats. The ripe olive, the complement of fruits, contains just what fruit lacks, and makes up a perfect dish, being a wholesome source of fat. It is a good food for sufferers with diabetes and Bright's disease, and all those who, from rheumatism, liver complaint, etc., have lost the ability to digest starch.

It is a good substitute, with its delicate, nutty aroma, for creamy butter swarming with germs, or for nut butter.

In nervous exhaustion and in diseases where the system demands food rather than drugs, it is indispensable. Goddard E. Diamond, who is 67 years old, retains all his faculties of mind and body, as a man of fifty. He attributes his youthfulness to the free use of pure California olive oil, both internally and externally.

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