

ON FRUITS—THE VALUE OF GOOD AND DANGERS OF BAD.

SOME one once said: "It will beggar a doctor to live where orchards thrive."

Fruits are a well known enemy to a torpid liver, to many forms of indigestion, and hence to general derangement of the bodily functions. The author of "Eating for Strength" says: Writers on dietetics, because they are guided by the chemist, do not rank fruits as highly as they deserve. From the standpoint of the chemist, who finds but little solid matter in them, fruits rank low as foods; but they possess precious qualities" hardly yet known to the chemist. "Their juices distilled pure in nature's laboratory" need no boiling or filtering to destroy or remove the germs of disease: while they go easily through the tissues of the body "leaving their valuable salts, and taking up and carrying off" the waste products. "Their acids, how refreshing; their salts, how stimulating; their delicious flavours, how they play on the nervous system." The aroma of good ripe fruits is believed to have an animating, exhilarating "inspiring" effect on the human body, when they are eaten. And while it appears that the "Fruit of the tree" was the special food of man in his earliest purified or glorified condition, it appears that more special attention is now given to the cultivation of fruits than to almost any other product of the earth.

But while we would thus highly exalt pure ripe seasonable fruits, we would as strongly condemn any in any way damaged, and all unripe fruits. It appears that in nature it is very common that the best—the finest and the most elegant, things are the most perishable, the most easily injured and destroyed. Fruits being given to man in such great variety, "come in" ripe at all seasons: but being so especially perishable, they can be eaten with safety only in their season, only as they ripen, unless most scientifically, well and carefully preserved, and even then they are not nearly so valuable. Probably the only evil effects ever arising from eating fruit, when not eaten in glutinous quantities, arise from damaged or unripe fruit.

No particle of anything that has commenced to decay or decompose should ever be used as food by any one having regard for bodily cleanliness, purity and health.

Even moulds will not grow on fruit until a certain amount of decay has commenced in it, forming suitable soil for the new growth. The heat of cooking checks the decay, but the fruit has lost much of its value, more in proportion than most people would suppose, while it is not nearly so wholesome and is more likely to disturb digestion than pure sound cooked fruit. Unsound fruit in an uncooked state is of course still much more objectionable. While it is always best,—most economical of both life and money, to buy and use only the best purest foods of their kind, this is especially so with regard to fruits. It is very much better to buy only a small quantity of that which is good and sound, than much more that is deteriorated and sold at a low price.

During hot weather the digestive tract is in a measure, like the entire body, in a relaxed condition and is then much more easily irritated and disturbed by improper food, and at this season great care should be exercised in selecting fruit, and all should be very carefully looked over, in a good light, and every bad spot or part cut away and rejected. Mouldy fruit remember is decayed fruit.

A system of careful inspection, and with a small magnifying glass, should be carried out wherever fruits are marketed. This point is sadly neglected.

Some plan too is much needed by which consumers could obtain fruits more directly from the producers, by which the fruits would be not only fresher but cheaper.

ON OBESITY, Dr. N. E. Yorke-Davies writes (in Brit. Med. Jour.): "The successful treatment of corpulency must be dietetic; it need not be hard, it need not be too rapid, it need not be unpleasant, but each case must be treated on its merits as in every other diseased condition, having regard to habit, age, and constitutional peculiarities." Undoubtedly.