IS MEAT DIET A NECESSITY?

Answer Must Depend on Circumstances of the Case.

People Who Do Not Take Much Exer cise Do Not Require Much Meat, Says An Authority.

You may boycott your own sweet self, turn the tables on the beef trust by a discriminative embargo-that is say, close your port (mouth) to butcher's meat, says the Philadelphia Times. Suppose such a measure betimes. Suppose sand the crusade having been preached, millions of people at home and abroad became total abhome and abroad became total abtown and village.

Then would happen the uttown and village.

There's another story which ought to midely known as the story of dispersions. stainers. Then would happen the ut-ter ruin of the fleshers from want of custom. Now would come the fish dealer's golden opportunity. How cod, herring and shad would go up! and there might even be apprehended that terrible calamity, a corner in sardines! In order to round up your dietary regimen more vegetable food would be wanted. The consciences of the cultivators of grain, of the potato, the cabbage, the turnip, following man's natural desire for grain, would put up prices, and the money saved in beef would be spent for the enhanced cost of the squash, the carrot or the

With that difficult study of dietetics this article has little to do. The main object is to show how much food, particularly meat, is wasted, not so much by careless preparation as by its lavish over-consumption. Rendered into commonplace English, American men and women usually eat a third more meat than is good for them. There is absolutely carnivorous gluttony. We spend more money than we should at the butcher shop

WHAT AFFECTS THE DISPOSITION What a man should eat is determined by the character of his teeth. A cow eats grass and her teeth are adapted to the plucking and crushing of the herbaceous food. A tiger has in his businesslike mouth precisely the cruel tools fitted for the laceration of the living food he hankers for. Man's dental process shows that he was intended for an omnivorous feeder. Nothing comes amiss to his maw. He eat everything, and it may be on that account that he is the best representative of the survival of the fit-There used to be a lot of silly stuff written about humanity taking its disposition from what it fed on. Now it is a well known fact that those whose entire dietary is rice are inclined to a certain ugliness of disposition, while those who eat beefsteaks, or, say, sausage, have a far more pleasant character. How far the uncommon sweetness of the German might depend on sausage has never been scientifically determined.

WHEN REFLECTION COMES.

ordinary humanity.

vould strike but puny blows. That man who is laying Belgian blocks is carrying on a most exhaustive work. am of the pointon that the generality sand knows the value of soft water, thing refreshing. And there is no His position is contrained, and on that account the physical fight is the harder. Give that man maccaroni, even well seasoned with cheese, and he will not, he cannot, do half the work of the meat-eating American who is along side him. That American may in the three months swallow so much meat

KIND OF FOOD NECESSARY.

Then we come across that other matthe kind of food necessary for the workman. Why should a mender of watches, necessarily seated before his table, want as much meat as the blacksmith? The repairer of watches leads a sedentary life. Certainly he is endowed with high mechanical powers, but his brain wastage does not call for as much expenditure of his wages on meat as does the blacksmith's. Take the clergyman. It is with regret that it has to be stated that he generally is a heavy meat consumer. Does that extra slice of roast beef at his dinner add to the spirtual force of his sermon? He has an idea that it does. It seem so hard to convince him that without being the least of a gourmand he eats more than is good for him, not in meat alone, but in a great many other directions. Certainly he is subjected to more temptations than are ness. The overgrazing of the shepherds suggests "just a little bit more,"

not yet bishops. a workingman takes? For it is exer- of major importance. cise, after all, has the most to do with the weight of food or the quality of It the man or the woman consumes.

A DOCTOR'S EXPERIENCE.

This is the experience of a wellknown New York doctor, and it is printed precisely as it was given: When I settled in New York, in the first five years of my practice, I was grief for her dear departed was so fortunate enough to build up for myself a fair business. I could not afford a vehicle, so I walked. When I could afford to run a wagon I did so at once. The habit of eating a great deal of animal food continued. Then I began to have rheumatic twinges. A doctor who cares for himself generally has a fool for a patient. I knew that; nevertheless I checked off a great deal of my beef. Then there came the time, after thirty years of business, when my practice was in large part an office one. My patients came to me. There was much less. year.' leg work and no stair-climbing. I certainly kept abreast of the dietary literature as it was published. More annoying symptoms of rheumatism, literature as it was published. More annoying symptoms of rheumatism, with muscular twinges, set in. If I could have taken exercise I might have gotten rid of them, perhaps, but my duties would not permit of it. In my boyhood days I had worked on a my boyhood days I had worked on a farm, and so my early constitutional lines had been well built up. I did a German railway. It lessens the for myself what I would not have ad- space between the cars to 7.8 inches. vised for a patient. I determined to Mrs. Margaret Anne Neeve, of St. try to starve out the rheumatism and Pierre Port, Guernsey, one of Engcertain other physical troubles which land's beautiful channel islands, was come with age. I went hungry-and born May 18, 1792, and is still well and I mean precisely what I say. When hearty.



Night and day, until the strength is entirely exhausted, and that dreaded word "Consumption" begins to be whis-pered among friends. That's a common

ease, and that is the story of the cures effected by the use of Dr. Pierce's Golden Medical Discovery. Bronchitis, asthma, obstinate, deep-seated coughs, bleeding of the lungs, and other forms of disease which affect the respiratory organs, are permanently cured by the use of "Golden Medical Discovery."

Medical Discovery."

"Only for Dr. Pierce's Golden Medical Discovery I think I would be in my grave to-day." writes Mr. Moses Miles, of Hilliard, Uinta Co., Wyoming. "I had asthma so bad I could not sleep at night and was compelled to give up work. It affected my lungs so that I coughed all the time, both night and day. My friends all thought I had consumption. My wife insisted on my trying Dr. Pierce's Golden Medical Discovery—which I did. I have taken four bottles and am now a well man, weighing 185 pounds, thanks to Dr. Pierce's Golden Medical Discovery."

Dr. Pierce's Medical Adviser is sent

Dr. Pierce's Medical Adviser is sent free on receipt of stamps to pay expense of customs and mailing only. Send 31 one-cent stamps for book in paper covers or 50 stamps for cloth-bound. Address Dr. R. V. Pierce, Buffalo, N. Y.

going to bed after a day's hard work a piece of bread had to suffice me. Of course, I longed for the slice of cold roast beef with it. I did not stint my water. I kept a close watch on myself, as to mental conditions. My memory was excellent. It might be that my imaginative faculty was not as active as before. I had no use for weighing machine. I was satisfied that my waistband was getting looser. As to the rheumatism, it had depart-ed. I have not felt a symptom of it for some years.

"I was too well posted not to know that the semi-starvation regimen could not be kept up for an indefinite period. I gradually increased the amount of now more sparingly, and just occasionally I go close to the hungry line, and am not inconvenienced. I think that for the last six years two mutton chops or their equivalent in roast beef suffice me for an entire fortnight. The quantity of meat I eat may be somein my older life had a fair stock of of mankind in the United States, after as and particularly of meat."

LARGE QUANTITIES OF MEAT EATEN.

Examining the careful studies made by the United States department of work, whereas the trouble is in the that the weight of it alone will be agriculture, Prof. H. S. Gridley, of the stomach. We should not add a weight University of Illinois, comes to the of food to overtax the nervous system, per cent of the total food of our peo- should do what we can to wash out ter, none the less important, and it is ple. Certain dietaries having been not the stomach with water, not taken course) seem to show that 85 per cent of the total weight of food consumed in a certain family consisted of meat role of the with lemon juice, or juice boiled from fruits or vegetables.

There are some who, after drinking selves. alone. There was no fish. In the or- two glasses of hot water, will apply dinary household the total of meat is the stomach tube to remove the conrarely less than 20 per cent. And, in tents of the stomach. This is not to may make cider ferment, not merely raw, but has been cooked, roasted, far more unpleasant mechanism. The put in it. baked, broiled or boiled. Apparently, stomach tube is flexible and small. It But it is a mistake to give up meat as is stated in the report of the agri- goes down the throat, if skillfully cultural department, from one-fifth to manipulated, without difficulty and for it. What this basis shall be we one-third of the meat was lost as to without discomfort. Then one closes weight in the culinary process. From the mouth, breathes deeply, and the prepared and not deprived of its most this alone the enormous mass of crude contents of the stomach come up na- precious parts it might form one of flesh food consumed in the United States may be imagined.

Leaving statistics of general consumption, a return is made to the over-consumption of meat indulged in ia; the quantity of water, which should by men and women of mature age, those who take little, if any, exercise. other ordinary human beings, but he is Perhaps it is the second helping which too often wanting in food abstemious- does the harm. The polite Amphitryon is the reason why they suffer so much it is that little bit more which does from dyspepsia, rheumatism, and, alas! much of the mischief. If all the guests that in the category of their ailments were members of the prize ring, then gout has to be added, and they are the case would be different. The moral is, then, briefly, when past 40, unless It might be deemed as necessary that running a press or hammering on a a list of professions should be pre- boiler, or hunting or golfing, eat very sented, and that each calling have its much less meat than when you were particular indication as to the ounces | 30. And precisely the same advice is of food the person should eat per diem. given to the gentler sex. The eco-Such a list would be a waste of time. nomical consideration of the subject is The main question being, what is the certainly worthy of consideration, but amount of exercise the individual not it is the detriment to health which is

A Faithful Widow.

[Paris Messenger.]

At Charenton lives a lady who on April 30, 1894, was left a widow. Her strong and it has continued unabated to such an extent that every year, when the anniversary of her husband's death comes round, she attempts to commit suicide. Seven times had she done so and seven times had she been prevented from carrying out her object. Yesterday she lit her chafing dish for the eighth time, and again the neighbors rushed into the room in time to prevent the rash act. When

DESERVING CONFIDENCE - NO article so richly deserves the entire con-

A new car coupling is being tried on

MODERN PLAN TO CURE COLD

A Chapter on the Old and the New Ways to Help Nature.

How Baths, Dieting, Heat, Light, Exercise and Proper Breathing May Be Utilized.

Long ago Sydenham said that disease was an effort of nature to restore health. But we do not treat a cold as if it were of this character; we regard it usually as a thing to be stopped, rather than to be helped along gently in its own direction. That is a wrong policy altogether, says an article by Dr. Austace Miles, in the Washing-

There is an old proverb, "Feed a cold and starve a fever." This has led many people to take a heavy meal when a cold is on them, and such a heavy meal may have so stimulating an effect upon the system that the system will be put into working order for a short time, and then may be able to go on by itself. But the original proverb was not a command. The first part of it was a condition. If you feed a cold you will have to starve a fever later on. That was the real sense, and the real advice conveyed by it was "starve a cold."

This gives us the best, or at least the most economical, means of prevention and cure. When we have a cold the balance of nature has somehow been upset. The cold generally starts from the stomach. Give the stomach a rest-fast for a day or two, or for several meals-and probably the cold itself will disappear. It ds doubtful whether the mischief has ever come merely from a draught or merely from weakness. It is probable that there always must be some clogging of the system as well. As a rule, some shock, some chill, throws back the poisons upon the system, instead of letting them work themselves out through the pores of the skin, which are so many mouths for the purpose of breating out. The primitive animal breathed out and breathed in all over him, and so do we. For we should look upon our whole surface as covered with mouths. Paint a dog all over with some airtight mixture, and he will soon die, not from the poison of the mixture, but from the poisons from his own tissues, It is essential, therefore, if we would cure a cold. to remove the clogging food, but only a little at a time. I eat cause or to let nature remove it, and

So we come to the second cure, namely, heat or warmth. This can be produced by exercise, by massage, by WHEN REFLECTION COMES. | what in the proportion of 1 to 99 per | Turkish or Russian baths, by warm | It is easy for the man of a certain | cent of all the other food. I get along | baths, by compresses, by wrappings age, seated at his writing table (not most comfortably. I must not forget in blankets, or wet packs; only let such dinner table), to speculate on the sub- to remind you that I remain twice as, helps be followed by cool or cold water ject of the overfeeding propensities of long at the table as in former days. It and friction, to close the pores of the is a question of teeth, of proper mas- skin again, and to harden them against Who will heed scientific feeding data tication, and I am 68. Do not, how- a fresh cold. The water should always relative to the blacksmith? Nature ever, take my standard of dietary and be soft: distilled water will take up better it would be not to let the causes calls for his nourishing a heavy sup- make a general appliance of it. I had more impurities than hard water. If enter the system at all! It is so weak ply of food, or the sledge he wields built up in my youth a good form, and this cannot be obtained, then let some and negative to have to shun draughts bath salt, or else some bath oatmeal or even fresh air. He is better off vital force to draw on. Nevertheless I be added. Not one person in a thou- who recognizes the draught as somethey have passed the prime of life, eat the body be soaked in warm water, put nearly, if not quite, every one in very much more than is good for them, and let it be rubbed. Afterward (I this positive and masterful position. must repeat) let a cool or cold appli- Of drink we shall say nothing, ex-

invigorate the nerves. conclusion that meat, poultry and which is always heavily handicapped tain uric acid and other chemicals

> turally without the violent strain of nausea

> Those who object to this can flush the organs from below with the enembe warm and mixed with oil and the



A WARNING TO BACKACHE SUFFERERS.

Backache may strike you at any time. Comes when you least expect it. Comes as a warning from the kidneys.

A sudden twitch, a sudden pain. The Kidneys cause it all. If you don't heed the warning, serious Kidney Troubles are sure

Cure your Backache by taking

There is not a Kidney Trouble from Backache to Bright's Disease that Doan's Kidney Pills will not relieve promptly and cure more quickly than any other kidney

THE SEA of LIFE

Woman's voyage of life from the cradle to the grave is too often a tempestuous and painful one, when it should be calm, peace-

In countless homes to-day where health and happiness should reign supreme the peculiar weakness and diseases of women are responsible for an atmosphere of hopelessness and despair. This awful condition is due largely to a misunderstanding of the proper manner in which to effect a cure for female troubles of all kinds.

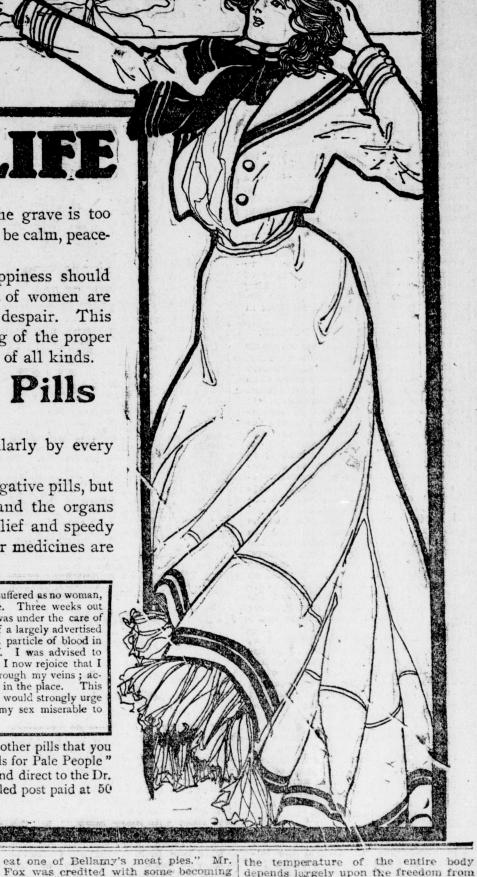
Dr. Williams' Pink Pills For Pale People

Should be in every home and should be used regularly by every woman who is not perfectly hearty and strong.

It should be remembered that these are not purgative pills, but tonic in their nature, acting directly on the blood and the organs involved in woman's diseases, giving immediate relief and speedy cure. They cure in cases of this kind when other medicines are

Mrs. Chas. Hoeg, Southampton, N. S. says:—" For nine years I have suffered as no woman, unless she has been similary afflicted, can imagine I could suffer and yet live. Three weeks out medicine, but had no benefit. I suffered terrible pains; there seemed not a particle of blood in my body, my appetite was gone, and I really felt that death would be a relief. I was advised to try Dr. Williams' Pink Pills, and after much persusaion consented to do so. I now rejoice that I did so. The terrible pains have passed away; new blood seems to course through my veins; activity has returned to my limbs, and I am now as healthy a woman as there is in the place. This release from suffering and this health I owe to Dr. Williams' Pink Pills and I would strongly urge all who may be afflicted with the ailments that make the life of so many of my sex miserable to give this medicine a fair trial."

There is such a vast difference between this medicine and all other pills that you must be careful to see that the full name "Dr. Williams' Pink Pills for Pale People" appears on every box. If you do not find them at your dealers send direct to the Dr. Dr. Williams Medicine Co., Brockville, Ont., and they will be mailed post paid at 50 cents a box or six boxes for \$2.50.



purest soap, can be gradually in-PREVENTION BETTER THAN CURE.

This, again, is remedial. How much contrasted with hard. Let doubt that careful attention to diet will

cation, together with the friction of cept that stimulants should be avoidexercise, restore the circulation and ed. Of food we shall say little; the problem is so immense. But acid and This, one would say, was surface fermenting foods should be avoided, because of their tendency to produce fever or a feverish condition. The flesh foods are acid. They con-

shellfish constitute not less than 20 by having to get rid of the excess. We which under certain conditions are deadly poisonous. Uric acid is one of the results of the wearing out of the ed by the writer of this (roughly, of altogether with food, but perhaps taken tissues by the animal during its movements and during its life. Animals cannot live without destroying them-Flesh foods also contain in many

cases the cause of fermentation. You this calculation, the flesh food is not be confused with the stomach pump, a by yeast, but also by a piece of meat

> and to substitute no staple or basis cannot say. If wheat were properly the best foundations of diet. Graham bread or Graham biscuits will be a refuse. good instance. Or perhaps milled nuts might be thoroughly satisfactory. For my own part, colds are almost unknown to me since I have made the for I never eat them, but proteid. Many starchy foods tend toward acid surely obvious. termentation, not only because they are eaten without their natural accompaniments, i. e., that which nature supplies with the floor in the grain but also because bread is frequently raised by means of chemicals, and

who has to prevent or cure a cold to get rid of constipation. If air-raised whole wheat bread or biscuits can be eaten, then it is probable that the bowels will work freely; or fruits can be eaten, or proper exercises can be taken. But constipation must somehow be removed.

LIGHT IN PLENTY IS NEEDED. The next means is light. It is probable that, if the whole body were lowed sufficient light, colds would be unknown. Dr. Forbes Winslow and Sir James Wylie, late physician to the Emperor of Russia, and many other physicians, all emphasize the importance of light. The last of these authorities calculated the effects of light in the St. Petersburg hospitals. found that the number of patients cured in rooms which were properly lighted was three times greater than the number cured in dark rooms. If natural light cannot be obtained, then electric light is good for the body. At any rate, the underclothing should be white, and certainly not black, which lets in very few of the rays. Every morning and every evening should be a light—an air-bath, with exercise and brisk friction.

Air is of importance. The whole body should breathe as often as possible daily. In Germany the air-cure alone has for some decades been employed in curing consumption and nervousness. There is no fear of a chill if only massage and brisk move-

ment be insisted upon. Deep breathing will also help to keep the body warm. It should form the basis of national education. present not one word is ever said

about it in an ordinary school. It should always be through the nose. The nose passage must be clear at all observation about public affairs, where- constraint and exposure at the throat. uch are a few of the cures

colds—a few out of very many. single drug can be recommended; no reality he awoke for a few minutes afsingle drug would be advised by the ter several hours of sleep, and said, majority of doctors; no single drug has stood the test of ten years' experience, althought it is possible that in some cases a drug may restore the upset equilibrium of the system. A cold seems to be an attempt of the tiny lives within us-we have myriads of them-to get rid of some mischief

to get rid of the results of mistake that we have made. If the skin will not throw off the trouble then the nose and the mouth will have to do extra work in the republic of the body. But the root of the mischief is generally in the stomach. The draught on which we lay the blame, or the wet feet per haps, are only the match that lights the fire; the fire has been already laid ready for lighting by errors of diet. laziness, etc. Even slow eating and mastication of food might by itself be sufficient to prevent any cold; even deep, slow, full breathing through the nose might be sufficient; even cleansing followed by invigorating water treatments with rubbings and exercise might be sufficient. In fact, there are numerous avenues to immunity. must never imagine that the draught selves the real and vital cause. They men's goods. never light the fire nor (to carry out the metaphor) help to burn up any

We, for our part, must not stop nature in getting rid of her clogginess; rather we must help her, we must add no more poisons, and we must expel those which are already within us. backbone of my diet—not flesh foods, And the channels of expulsion are

Fictitious Dying Words.

Mr. Rhodes was not given to highthese chemicals tend toward the fever flown talk, and I suspect the story of of fermentation. The inorganic salts his "last words" is a fiction, says Lonseem scarcely profitable to the human don Truth. Sydney Smith observed that system. Besides this, both meat and it seems a necessity that every distinordinary fine flour are constipating in guished man should die "with some" sonorous and quotable saying in his It is necessary, above all, for him mouth." Mr. Pitt was supposed to have expired exclaiming, "How do I leave and better dressed as regards the seamy country!" It was afterwards estab. son. Heretofore the suffering in sumlished on conclusive evidence that his mer from the high collar can best be

The Purest, Handiest

Soap in all the World.

No about the blessings of cheap bread. In "God bless you all," and died. Lord Beaconsfield was reported to have exclaimed, "Any news in the Gazette?" with his last breath, whereas he muttered. "I feel overwhelmed."

THROAT COMFORT FOR MEN IN SUMMER TIME

Manufacturers at Last Put Out a Hot Weather Collar.

"The low turn-over collar for men is at last to come into style this season absurdity. The best-dressed man in with the hot weather, and let us give the United States may be seen on thanks that the manufacturers, stead of sending out as 'a new collar' one two and three-quarter inches in height in the face of broiling suns, have launched a new collar, which is one and five-eighth inches high on the outside of the points and one inch on the inside from the front button hole," or the wet feet can ever be by them- recently said a Washington dealer in

> "This pronounced innovation will be welcomed by men like a drop of water on a hot desert. Up to this season the manufacturers have put out the high collar winter and summer, and men wore them summer after summer during the craze for the high collar. It was only the pioneers of independent thought among well-dressed men who had the courage to wear a low collar. From society men to clerks and others who wanted to be in it high collars both literally and figuratively the ear whether the thermometer reg-

stered zero or 100 degrees. "The new collar is the same style as the high, but low in cut and therefore cool. The ends are pointed round, according to taste, the pointed being newer. The ends close tightly in front, and with a narrow long tie a man looks as well in the low collar as in the high and much cooler real last words were, "I fancy I could | imagined, as it is a medical fact that

costs, even if an operation be neces- as his last words conveyed a request Ladies follow to a certain degree the for barley water. Sir Røbert Peel was styles of men, hence the stock and the nigh embroidered and neckwear affected by them to their physical discomfort, but personal delight because it is the style.

"But now men with thin, necks, fat necks, short necks, long necks, crane necks, bull necks, frog necks, Adam'sapple necks, tenor necks, basso profundo necks, and all kinds of necks, can wear a collar which will be 'in style and likewise fit the neck.'

"You see, in fashion centers like New York and Washington, men are precise in their neck apparel, while our friends in Chicago and St. Louis try to be. It is amusing to read in their papers the laudatory puffs they give their men and women as leading in the styles of apparel. I saw an item in the press recently that Chicago claimed to turn out the best-dressed men in America. This claim may be disregarded as a mere conceit and an Broadway and on Connecticut avenue, and that is all there is about it. Chicago men can't wear their clothes as do New York men, even if they pay twice the price, and the New York man knows it. The same is true of the Washington men. The western men haven't the savoir that our eastern men have, and the men of fashion of New York and Washington are among the best and most fashionably appareled in the world.

SPRING FOOT TIREDNESS

Plenty of people at this season of the year suffer from sore, tired, aching feet, that cause them a great deal stuck around the neck and notched of discomfort. This difficulty with the feet can easfly be overcome by the use of FOOT ELM.

A powder sprinkled in each shoe will give a restful, comfortable feeling to the feet that is delightfully refreshing. Foot Elm is sold by all druggists. Eighteen powders in a box; price 25 A. STOTT & JURY, BOWMANVILLE,

ONT.

Minard's Liniment Is Used By Physic' Cold coffee is gradually displacing beer in German factories as a bever-

age during working hours. TO CURE A COLD IN ONE DAY All druggists refund the money if it falls
Take Laxative Bromo-Quinfne Tablets
to cure. E. W. Grove's signature is on
each box. 25c. ywt



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often without cause, pain in the back of bowels. leucorrhoes, ulceration, etc., write at once for a free trial treatment and full information.

It costs you nothing to give it a trial, and you can cure yourself in your own house without a physician. It cures all—both young and old.

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Telephone 1344.467 Richmond Street.

SHIRT COLLARS IRONED STRAIGHT so as not to hurt the neck. Stand-up collars ironed without being broken in the wing. Ties done to lock like new. Give me a call. If you are not suited, no pay. Washing returned in 24 hours. All hand work. Best in the city. Parcels called for and delivered.