

IS MEAT DIET A NECESSITY?

Answer Must Depend on Circumstances of the Case.

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

You may boycott your own sweet self, turn the tables on the beef trust by a discriminating embargo, refuse to say, close your port (mouth) to butcher's meat, says the Philadelphia Times. Suppose such a measure became general, and the choicest meats been preached, millions of people at home and abroad became total abstainers. Then would happen the utter ruin of the fishers 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 wasted, the cost 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 beef would be sold for the enhanced cost of the squash, the carrot or the sapid banana.

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 takes for his dinner. The living food he takes for his dinner. The living food he takes for his dinner. The living food he takes for his dinner.

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 food, but only a little at a time. I eat now more sparingly, and just occasionally I go close to the hungry line, and am not inconvenienced. I think that 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 somewhat in the proportion of 1 to 99 per cent of all the other food. I get along most comfortably. I must not forget to remind you that I remain twice as long at the table as in former days. It is a question of teeth, of proper mastication, and I am sure that I hold ever, take my standard of dietary and make a general appliance of it. I had built up in my youth a good form, and my middle life had a fair stock of vitality. I was not, however, I am of the opinion that the generality of mankind in the United States, after they have passed the prime of life, eat too much meat. It is good for them, and particularly of meat.

WHEN REFLECTION COMES.

It is easy for the man of a certain age, seated at his writing table (not dinner table), to speculate on the subject of the overfeeding propensities of ordinary humanity.

Who will not scientific feeding data relative to the blacksmith? Nature calls for his nourishing a heavy supply of food, or the sledge he wields would strike but puny blows. That man who is laying down blocks, carrying on a most exhaustive work. His position is constrained, and on that account the physical fight is the harder. Give that man macaroni, even well seasoned with cheese, and he will not, he cannot, do half the work of the meat-eating American who is alongside him. That American may in the three months swallow so much meat that the weight of it will be more than one-half the weight of the man himself.

KIND OF FOOD NECESSARY.

Then we come across that other matter, none the less important, and it is the 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 the strength of a lion, 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 the general rule is a heavy meat consumer. Does that extra slice of roast beef at his dinner add to the spiritual force of his sermon? He has an idea that it does. It seems 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 other ordinary human beings, but he is too often wanting in food abstinence.

The overfeeding of the blacksmith is the reason why they suffer so much from dyspepsia, rheumatism, and, alas! that in the category of their ailments gout has to be added, and they are not yet bishops. It might be deemed as necessary that a list of professions should be presented, and that each calling have its particular index of the amount of food the person should eat per diem. Such a list would be a waste of time. The main question being, what is the amount of exercise the individual not a workman takes? For it is exercise, 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 well-known 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 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 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 leg work and no stair-climbing. I certainly kept abreast of the dietary 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 farm, and so my early constitutional lines had been well built up. I did for myself what I would not have advised for a patient. I determined to try to starve out the rheumatism and certain other physical troubles which came with age. I went hungry—and I mean precisely what I say. When



Cough, Cough,

Night and day, until the strength is entirely exhausted, and that dreaded word "Consumption" begins to be whispered among friends. That's a common story, familiar to the people of every town and village.

There's another story which ought to be as widely known as the story of disease, 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."

Only for Dr. Pierce's Golden Medical Discovery I think I would be in my grave to-day. 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. I did. I have taken four bottles and am now a well man, weighing 135 pounds, thanks to Dr. Pierce's Golden Medical Discovery.

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.

HEAT IN CURING A COLD.

So, we come to the second cure, namely, heat or warmth. This can be produced by exercise, by massage, by Turkish or Russian baths, by warm baths, by compresses, by applications in blankets, or wet packs; only let such helps be followed by cool or cold water and friction, to close the pores of the skin again, and to harden them against a fresh cold. The water should always be so hot that it will take up more impurities than hard water. If this cannot be obtained, then let some milder life have a fair stock of vitality. I was not, however, I am of the opinion that the generality of mankind in the United States, after they have passed the prime of life, eat too much meat. It is good for them, and particularly of meat.

LARGE QUANTITIES OF MEAT EATEN.

Examining the careful studies made by the United States department of agriculture, Prof. H. S. Girdley, of the University of Illinois, comes to the conclusion that the consumption of meat constitutes not less than 20 per cent of the total food of our people. Certain diets having been noted by the writer of this (roughly, of course) report, it is found that 20 per cent of the total weight of food consumed in a certain family consisted of meat alone. There was no fish. In the ordinary household the total of meat is rarely less than 20 per cent. And, in this calculation, the flesh food is not raw, but has been cooked, roasted, baked, broiled or boiled. Apparently, the over-consumption of meat indulged in by men and women of mature age, those who take little, if any, exercise. Perhaps it is the second helping which does the harm. The polite Amphitryon suggests "just a little bit more," and it is that little bit more which does much of the mischief. If all the guests were members of the prize ring, then the case would be different. The moral is, then, briefly, when past 40, unless running a press or hammering on a boiler, or hunting or golfing, eat very much less meat than when you were a young man. Give the same advice to the gentler sex. The economical consideration of the subject is certainly worthy of consideration, but it is the detriment to health which is of major importance.

A Faithful Widow.

[Paris Messenger.] At Charenton lives a lady who on April 30, 1894, was left a widow. Her grief for her dear departed was so 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 or the eighth time, and again the neighbors rushed into the room in time to prevent the rash act. When restored to consciousness the woman exclaimed, "My darling, you won't lose anything by waiting. Wait until next year."

DESERVING CONFIDENCE.

—NO article so richly deserves the confidence of the community as Brown's Bronchial Troches, the well-known remedy for coughs and colds. "They are excellent for the relief of Hoarseness or Sore Throat. They are exceedingly effective," Christian World, London, England.

A new car coupling is being tried on a German railway.

It lessens the space between the cars to 7.8 inches. Mrs. Margaret Anne Neeve, of St. Pierre Port, Guernsey, one of England's beautiful channel islands, was born May 18, 1792, and is still well and hearty.

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 Washington Star.

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 get 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 is 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 breathing out. The primitive animal breathed out and breathed in all over him, and even fresh air was so cold that his whole surface was 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 poison of his own tissues. It is essential, therefore, if we would cure a cold, to remove the clogging cause or to let nature remove it, and meanwhile to open the pores of the skin.

HEAT IN CURING A COLD.

So, we come to the second cure, namely, heat or warmth. This can be produced by exercise, by massage, by Turkish or Russian baths, by warm baths, by compresses, by applications in blankets, or wet packs; only let such helps be followed by cool or cold water and friction, to close the pores of the skin again, and to harden them against a fresh cold. The water should always be so hot that it will take up more impurities than hard water. If this cannot be obtained, then let some milder life have a fair stock of vitality. I was not, however, I am of the opinion that the generality of mankind in the United States, after they have passed the prime of life, eat too much meat. It is good for them, and particularly of meat.

LARGE QUANTITIES OF MEAT EATEN.

Examining the careful studies made by the United States department of agriculture, Prof. H. S. Girdley, of the University of Illinois, comes to the conclusion that the consumption of meat constitutes not less than 20 per cent of the total food of our people. Certain diets having been noted by the writer of this (roughly, of course) report, it is found that 20 per cent of the total weight of food consumed in a certain family consisted of meat alone. There was no fish. In the ordinary household the total of meat is rarely less than 20 per cent. And, in this calculation, the flesh food is not raw, but has been cooked, roasted, baked, broiled or boiled. Apparently, the over-consumption of meat indulged in by men and women of mature age, those who take little, if any, exercise. Perhaps it is the second helping which does the harm. The polite Amphitryon suggests "just a little bit more," and it is that little bit more which does much of the mischief. If all the guests were members of the prize ring, then the case would be different. The moral is, then, briefly, when past 40, unless running a press or hammering on a boiler, or hunting or golfing, eat very much less meat than when you were a young man. Give the same advice to the gentler sex. The economical consideration of the subject is certainly worthy of consideration, but it is the detriment to health which is of major importance.

A Faithful Widow.

[Paris Messenger.] At Charenton lives a lady who on April 30, 1894, was left a widow. Her grief for her dear departed was so 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 or the eighth time, and again the neighbors rushed into the room in time to prevent the rash act. When restored to consciousness the woman exclaimed, "My darling, you won't lose anything by waiting. Wait until next year."

DESERVING CONFIDENCE.

—NO article so richly deserves the confidence of the community as Brown's Bronchial Troches, the well-known remedy for coughs and colds. "They are excellent for the relief of Hoarseness or Sore Throat. They are exceedingly effective," Christian World, London, England.

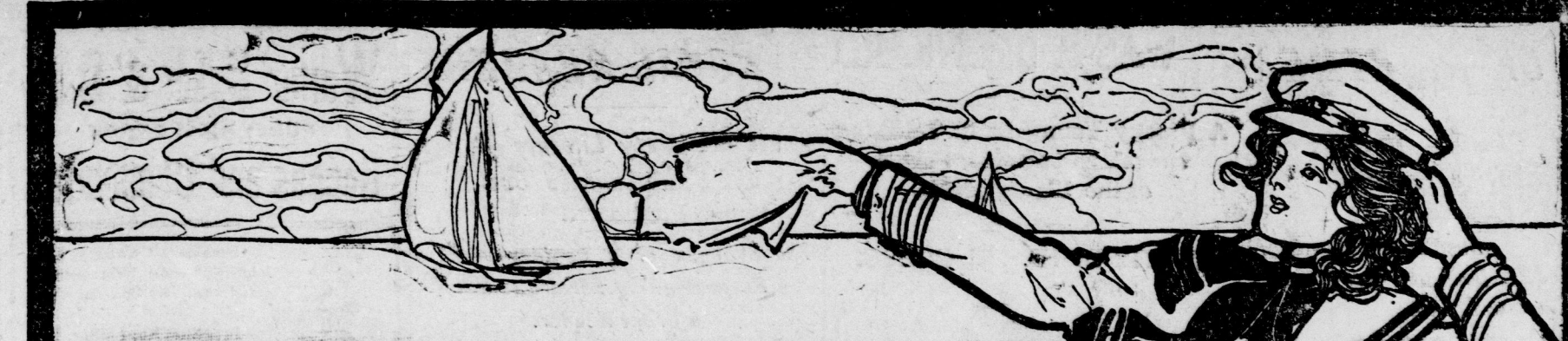
A new car coupling is being tried on a German railway.

It lessens the space between the cars to 7.8 inches. Mrs. Margaret Anne Neeve, of St. Pierre Port, Guernsey, one of England's beautiful channel islands, was born May 18, 1792, and is still well and hearty.

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 twinge, a sudden pain. The kidneys catch it all. If you don't heed the warning, serious Kidney Troubles are sure to follow. Cure your Backache by taking DOAN'S KIDNEY PILLS.

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 remedy.



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, peaceful and serene.

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 of no avail.

Mrs. Chas. Hoeg, Southampton, N. S., says:—"For nine years I have suffered as no woman, unless she has been similarly afflicted, can imagine. I could suffer and yet live. The weeks would pass, and I would be almost wholly unable to go about. At different times I was under the care of three doctors, but with no permanent benefit. I tried a half dozen bottles of a largely advertised 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 persuasion consented to do so. I now rejoice that I have found a cure. The terrible pains have passed away; new blood seems to course through my veins; my 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. Williams Medicine Co., Brockville, Ont., and they will be mailed post paid at 50 cents a box or six boxes for \$2.50.

PREVENTION BETTER THAN CURE

This, again, is remedial. How much better it would be not to let the causes enter the system at all! It is so weak and negative to have to shun draughts and colds, and to be constantly off who recognizes the draught as something refreshing. And there is no doubt that careful attention to diet will put nearly, if not quite, every one in this positive and stable condition. Of drink we shall say nothing, except that stimulants should be avoided. Of food we shall say little; the problem is so immense. But acid and fermenting foods should be avoided because of their tendency to produce fever or a feverish condition. The flesh foods are acid. They contain acid and other chemicals which under certain conditions are deadly poisonous. Urlic acid is one of the results of the wearing out of the tissues by the animal during its movements and during its life. Animals cannot live without destroying themselves.

Flesh foods also contain in many cases the seeds of fever and acid. They may make other ferment, not merely by yeast, but also by a piece of meat put in it. But it is a mistake to give up meat entirely. The flesh of a healthy animal may make other ferment, not merely by yeast, but also by a piece of meat put in it. But it is a mistake to give up meat entirely. The flesh of a healthy animal may make other ferment, not merely by yeast, but also by a piece of meat put in it.

This, one would say, was surface work, whereas the trouble is in the stomach. We should not add a weight of food to overtax the nervous system, which is always heavily handicapped by having to get rid of the excess. We should do what we can to wash out the stomach with water, not taken altogether with food, but perhaps taken with lemon juice, or juice boiled from fruits or vegetables. There are some who, after drinking two glasses of hot water, will apply the stomach tube to remove the contents of the stomach. This is not to be confused with the stomach pump, a far more unpleasant mechanism. The stomach tube is flexible and small. It goes down the throat, if skillfully manipulated, without difficulty and without discomfort. Then one closes the mouth, breathes deeply, and the contents of the stomach come up naturally without the violent strain of nausea.

Those who object to this can flush the organs from below with the enemata; the quantity of water, which should be warm and mixed with oil and the

Fictitious Dying Words.

Mr. Rhodes was not given to high-flown talk, and I suspect the story of his "last words" is a fiction, says Lonsome Truth. Sydney Smith observed that it seems a necessity that every distinguished man should die "with some sonorous and quotable saying in his mouth." Mr. Pitt was supposed to have expired exclaiming, "How do I leave my country?" It was afterwards established on conclusive evidence that his real last words were, "I fancy I could

LIGHT IN PLENTY IS NEEDED.

The next means is light. It is probable that, if the whole body were allowed sufficient light, colds would be unknown. Dr. Forbes Winslow and Sir James Wyllie, late physician to the Emperor of Russia, and many other physicians, all emphasize the importance of light. They calculated the effects of light in the St. Petersburg hospitals. He 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 light should be bright, and certainly not black, which lets in very few of the rays. Every morning and every evening there should be a light-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 movement be insisted upon.

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

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 with the hot weather, and let us give thanks that the manufacturers, instead 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-eighths inches high on the outside of the points and one inch on the inside from the front button hole." recently said a Washington dealer in men's goods. "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 indecency, thought and 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 collar, the neck and notched the ear whether the thermometer registered 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 or round, according to taste, the pointed being newer. The ends close tightly in front, and with a narrow loop a man looks as well in the low collar as in the high and much cooler and better dressed as regards the season. Heretofore the suffering in summer from the high collar can best be imagined, as it is a medical fact that

SPRING FOOT TIREDNESS

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

A powder sprinkled in each shoe will give rest to aching feet.

The foot is that delightfully refreshing Foot Elm is sold by all druggists. Eighteen powders in a box; price 25 cents. A. STOTT & JURY, BOWMANVILLE, ONT.

Minard's Liniment Is Used By Physicians.

Cold coffee is gradually displacing beer in German factories as a beverage during working hours. TO CURE A COLD IN ONE DAY. All druggists refund the money if it fails. Take Laxative Bromo-Quinine Tablets to cure. E. W. Grove's signature is on each box. 25c. ywt

LADIES

I will mail free the Celebrated Footing to the first lady who writes to me after the best physicians had given me up. If you feel a bearing-down sensation, severe pain in the back or bowels, leucorrhoea, 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. Address: Mrs. F. C. Currah, Windsor, Ont. 8517-21 Wt

LeeHing Laundry

Telephone 1341 467 Richmond Street. SHIRT COLLARS IRONED STRAIGHT so as not to hurt the neck. Stand-up collars ironed without being broken in the wrinkles. Ties done to look like new. Give me a call. If you are not suited, no pay. Washing returned in 24 hours. All hand work done in the city. Parcels called for and delivered.

GOLD SOAP

The Purest, Handiest Soap in all the World.

The Purest, Handiest Soap in all the World.

Telephone 1341 467 Richmond Street. SHIRT COLLARS IRONED STRAIGHT so as not to hurt the neck. Stand-up collars ironed without being broken in the wrinkles. Ties done to look like new. Give me a call. If you are not suited, no pay. Washing returned in 24 hours. All hand work done in the city. Parcels called for and delivered.

SPRING FOOT TIREDNESS

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

A powder sprinkled in each shoe will give rest to aching feet.

The foot is that delightfully refreshing Foot Elm is sold by all druggists. Eighteen powders in a box; price 25 cents. A. STOTT & JURY, BOWMANVILLE, ONT.

Minard's Liniment Is Used By Physicians.

Cold coffee is gradually displacing beer in German factories as a beverage during working hours. TO CURE A COLD IN ONE DAY. All druggists refund the money if it fails. Take Laxative Bromo-Quinine Tablets to cure. E. W. Grove's signature is on each box. 25c. ywt

LADIES

I will mail free the Celebrated Footing to the first lady who writes to me after the best physicians had given me up. If you feel a bearing-down sensation, severe pain in the back or bowels, leucorrhoea, 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. Address: Mrs. F. C. Currah, Windsor, Ont. 8517-21 Wt

LeeHing Laundry

Telephone 1341 467 Richmond Street. SHIRT COLLARS IRONED STRAIGHT so as not to hurt the neck. Stand-up collars ironed without being broken in the wrinkles. Ties done to look like new. Give me a call. If you are not suited, no pay. Washing returned in 24 hours. All hand work done in the city. Parcels called for and delivered.