

of the clever Charlaton will last, and when he has exhausted this field he will invade another where suckers will be equally plentiful. Before leaving the subject of foods, let me say that the appetite was given us to guide in the right direction. When it leads us astray it is because we, by previous abuses, have led it astray. Some foods are best eaten raw and some cooked. Some require little boiling or baking, and some a great deal. The food should be masticated, not bolted. Articles, which, by giving flavour, add to your enjoyment of a meal, are not necessarily injurious. A little pepper, mustard, vinegar, catsup, pickle, etc., each is good in its place. They stimulate the flow of the digestive fluids and thereby assist to proper digestion.

Some people are continually crying out against the giving of drugs, especially those of the mineral group. They do not object to the vegetable preparations, for the Good Lord intended them for use as medicines, else he would not have created them. Minerals are for use in the arts, etc. I suppose I should bow down and worship these good people who have such a thorough knowledge of the Lord's intentions. I should feel that they must be very worthy, else they would not be so entrusted with the welfare of mankind, but having taken a few gallons of decoctions and vegetable pills in my youth, on the ground that they could do no harm because they were "vegetable," and having suffered the cramps and nausea that followed their administration, I fear I have failed in the development of my bump of veneration. As a matter of fact minerals are needed in the animal economy, and we could not live without them. Our bodies are largely mineral and our appetites lead us to supply ourselves with the things that contain them. All animals crave salt, which is sodium chloride, a mineral. The blood contains iron magnesium, bone, lime and soda, nerve tissue, phosphorus, etc. These are only a few of the elements I might name. Comparatively few mineral substances exist which are not found in the animal, man, and science is adding to their number each year. You know that the establishment of the Keeley cures, with their so-called chloride of gold treatment, has introduced the precious metal into the bodies of many of our aristocrats, and we may expect to hear in a short time that they are no longer buried or cremated when they die, but instead, are sent to the mint to be assayed.

Vegetables, on the other hand, contain the most dangerous and poisonous alkaloids. Opium, with its active principles; morphine and codia; belladonna,