

## HYGIENIC LIVING.

BY ALLEN PRINGLE.

TAKING the common every-day life of the people, the principal mistakes are made in eating, drinking, and breathing. Then comes bathing and raiment—or rather want of bathing and wrong raiment. Take eating first, and the leading article of diet, bread. This is said to be "the staff of life," but, as commonly used, it is really the road to death. That would be a better definition of almost all bakers' bread, and even home-made bread made of "fine" and "superfine" flour. The human throws the best of the wheat kernel to the lower animals and takes the worst for himself. In the "shorts" or "middlings," he throws the gluten, the nourishing and strengthening element of the grain, to the animal and takes the starch for his own food, upon which alone either himself or the animal would starve to death in a short time. It has been proved that a man or a dog would soon starve on fine flour bread alone, while either will thrive almost indefinitely on bread made from the meal of the whole wheat. This is, of course, nothing new, yet people generally go right on eating the stuff and taking the consequences. Such bread is not only innutritious but constipating; and constipation, so prevalent, is the parent of much other mischief in the system. The only way to get good wholesome bread, which you will positively know to be such, is to get good wheat and have your miller grind it for you without any bolting, and then at home sift out simply the coarsest of the bran—the outside husk. Take what's left and bake it into bread or "gems." The latter are the better because they are "raised" and made light by *air* instead of poisonous gases, as is the case with fermented bread. The so-called "aerated bread," if made of the above wheat meal, and really "raised" with atmospheric air, with all fermentation excluded, is, of course, wholesome bread. But you will observe there is an "if" there. The "gems" are really *the* best, and can be made in twenty minutes, and may be eaten warm. Stir the wheat meal rapidly in pure soft water till it becomes so thick that when put in the little "patty-pans" it will not settle to an even surface, and bake in a quick oven. The air incorporated in the dough in mixing it expands in the oven and "raises" the bread, making it light. Eat these with honey, and butter if you must have it—but fresh and without much salt.

As to meat, the less the better for all whose occupations are sedentary without much outdoor exercise. Fat, salt pork is not fit to be eaten by anybody. Fresh beef and mutton from healthy animals, if thoroughly cooked, are perhaps the least objectionable kinds of meat. But the vegetable kingdom affords the best supply—and an ample supply—of human food. Let the lower carnivorous animals eat flesh, and the