

## The Value of Apples as Food

**T**HE apple is one of the most wholesome and valuable of foods for the reason that it keeps so well in temperate climates and presents such a variety of flavors, suiting itself to man's needs by ripening at different seasons and supplying a considerable amount of nourishment in the most easily digestible form. The nutritive value of the apple is about fourteen per cent. Its value consists chiefly in the amount of carbohydrates and vegetable acids it contains. The apple contains also a large amount of phosphorus, which fact has led to the supposition that it is particularly valuable as a brain food. But the value of any

food is certainly not to be measured by the amount of phosphorus it contains. Pure phosphorus would be a poison, and even dilute phosphorus is in the highest degree unwholesome. The best foods are those that nourish the whole body, and not those that contain elements similar to those found in any one particular part of the body.

The old Scandinavians believed that the gods subsisted wholly upon apples, and that it was through the peculiar properties communicated by this queen of fruits, that they acquired the wisdom which they imparted to men.



TAKING THE CURE IN WINTER AT MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES

### Canadian Opinion

**D**R. R. W. BRUCE SMITH, Inspector of Public Charities, Province of Ontario, Official Report:—"I was specially pleased with the attention paid to conduct the Muskoka Free Hospital for Consumptives carefully and economically. The records are neatly and carefully kept. Every facility was offered me of making an examination of all the books and entries since the organization and establishment of the National Sanitarium Association. I found all the entries and vouchers correct, and every indication that a system of bookkeeping is followed that offers a satisfactory explanation of revenue and expenditures. The patients I found cheerful, happy, and evidently well looked after by those in charge. I found particular attention is paid to provide nourishing dietary carefully prepared, and the quality of the food served was excellent. This Hospital depends for its maintenance mainly upon the voluntary contributions of the public."

### Foreign Opinion

**D**R. H. L. RUSSELL, President of the Advisory Board of the Wisconsin State Sanatorium:—"We have just recently returned from our eastern trip in which we had an opportunity of inspecting practically all the Sanatoria in the East that are designed for the treatment of tuberculosis. I am very glad to be able to write you that the very favorable impressions that we received while at Gravenhurst have continued with us after this round trip. We have found no place in our travels in which money seems to have been expended more judiciously and economically than in connection with the two institutions that are under the control of the National Sanitarium Association. Trusting that this work, which is of so much benefit to mankind, may be continued in the future, with an increased endowment."

"He gives twice who gives quickly."