

VEGETABLES.

From Good Housekeeping.

Plythagoras, Plato, and Plutarch, in ancient days, with Shelley, Rousseau, and Swedenborg in modern times, all maintained the theory that vegetable substances are intended by nature for the sustenance of man, and that, according to the laws of nature and good morals, men should not use animal diet. From a physiological standpoint it would seem that this is really the only proper food for men, as the formation of the teeth and the intestines shows clearly that man was not intended to be a carnivorous animal. It is said that a vegetable diet is most favorable to man in every respect, morally, spiritually, and intellectually; that with it, his life is longer, and his gentler affections are more fully developed; while, on the other hand, the use of animal food makes one careless of life and the sufferings of humanity.

It is argued by vegetarians that vegetables contain all the nutriment required for the sustenance of human life; therefore the use of meat is unnecessary and selfish in the extreme. Be this as it may, we all agree that vegetables, when properly prepared and well boiled, are most wholesome and nourishing. In the spring time how gladly one welcomes the fresh, crisp vegetables! How infinitely better are the water-cresses, spinach, greens, and lettuce, than the orthodox spring medicines, such as sulphur and molasses! They are better health-promoters and blood purifiers than all the tonics in the world.

A great deal depends upon their proper preparation. Vegetables half done which is the state in which they are often served at table, are extremely indigestible and are productive of great gastric derangement. The chief point to be remembered, in order to insure sufficient cooking, is to boil them until they are soft as to be easily digested and long enough to remove all strong flavors without spoiling the nutritious qualities. Green vegetables require as a general rule, from twenty minutes to half an hour of fast boiling, but this will vary according to the age, freshness, and the time they have been gathered, as well as the season in which they were grown. The younger they are, of course, the more quickly they will be cooked. They should be put on in boiling water and in an uncovered saucepan to preserve their color.

Asparagus is said to be a capital cure for rheumatism, and is often prescribed for such purposes at prominent health resorts. Onions and cauliflower are supposed to be especially good for students or persons engaged in any sedentary vocation in life, while carrots are recommended as a remedy for jaundice. Sorrel is cooling and refreshing in its effects, and lettuce is thought to possess a strong narcotic influence.

If people who object so strongly to the disagreeable odor of boiling vegetables which permeates the house, would tie a piece of bread in a cloth and put it into the water with the vegetables, much of this unpleasant-

ness could be avoided. The odor is caused by the oils which come from the vegetables when the boiling process is taking place, and the bread absorbs these oils before they get a chance to escape. Another preventive which has been suggested is to place a pan of vinegar on the stove at the same time.

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