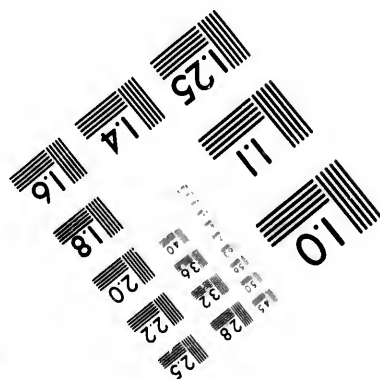
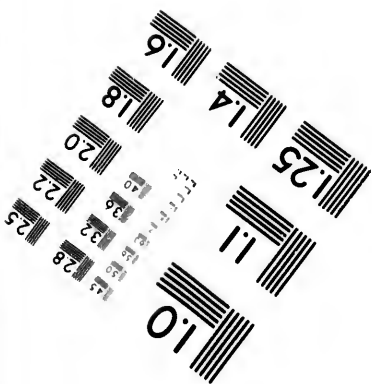
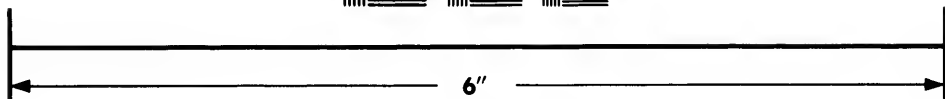
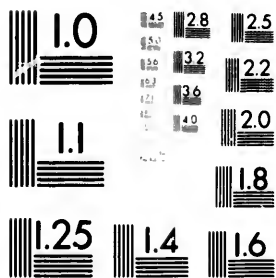


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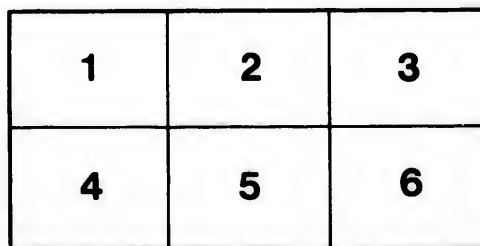
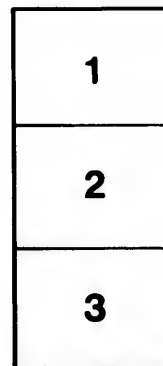
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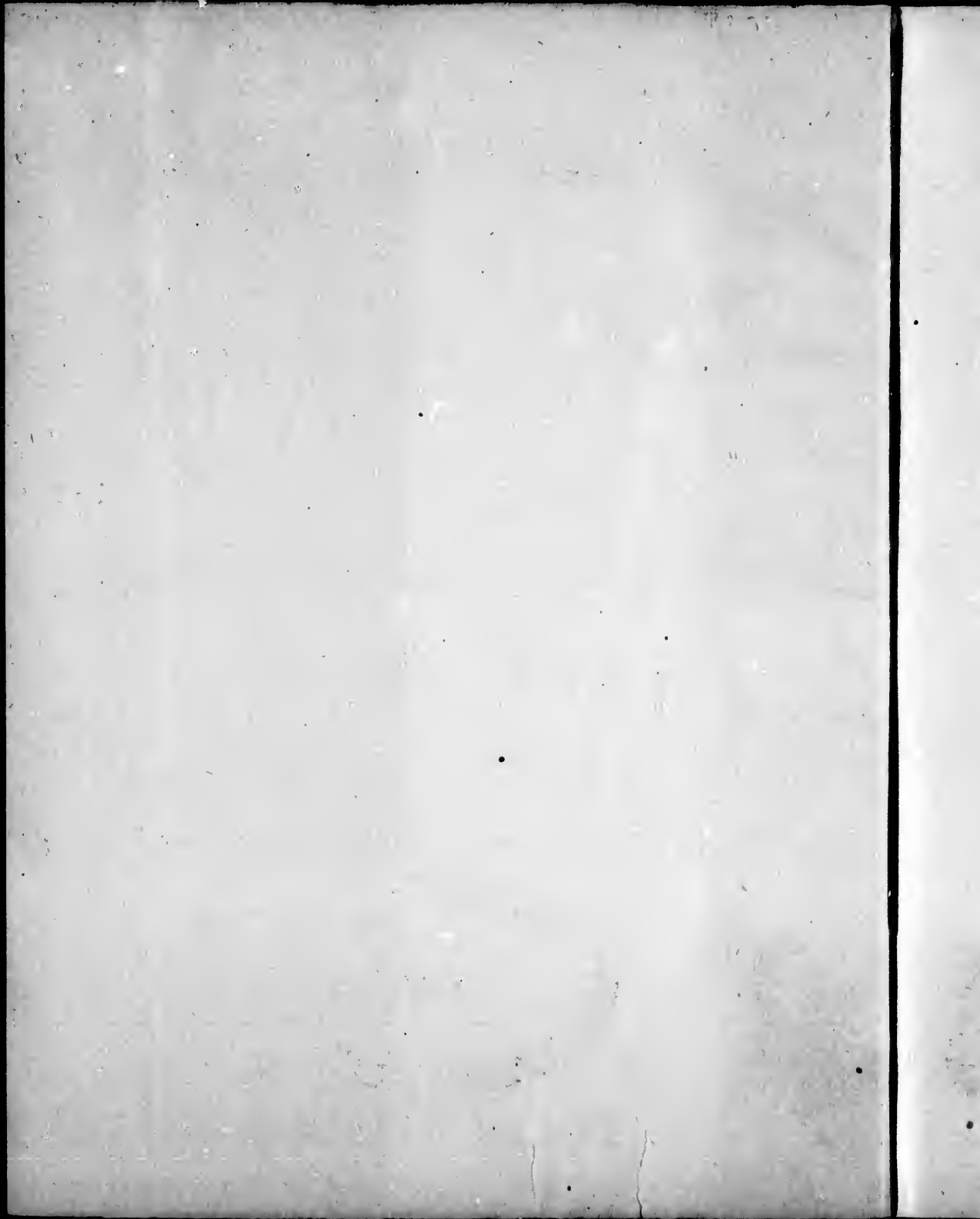
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HEALTH

THROUGH
NATURE'S LAWS

BY

A. Wallace Mason, M.D.

Author of SIGNS OF CHARACTER, Etc.



Price, - 10 cents.



Toronto, - Canada.

Entered according to the Act of Parliament of Canada
in the year 1900, by A. Wallace Mason, M.D.,
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HYGIENE.

IF you wish to live long, and enjoy good health and strength to old age, you will have to keep Nature's laws, for they are inflexible. Some persons may seem to be able to transgress these laws and escape with impunity, but their day of reckoning is sure to come, when they will have to pay with compound interest.

The person who has the best chance of health and vigor of mind and body to old age is the person who not only keeps these laws, but who has been born rightly; that is, who has healthy, contented parents, who are glad when a child is born to them, and know how to take proper care of it. The seeds of mischief in the child's organization are often sown in the cradle, or before.

A child should be nursed by its own mother, where that is possible. The mother should use an abundance of nutritious, unstimulating food; she should use neither tea, coffee nor alcohol of any kind. She may use gruels and soups freely, but if she uses narcotics or stimulants of any kind, they will cause a craving or irritation in the child that may develop into morbid desires later which may prove its ruin. The infant at first should be nursed not oftener than every three hours, and this time should be gradually lengthened as the child grows older.

Thousands of children are annually slaughtered by constant feeding; the little stomach never gets a rest; the child in consequence is nervous, restless, and irritable, and to keep it quiet more food is given. The mischief is thus kept up. If little sips of cool water were given occasionally instead of food, that would satisfy much better. When the child gets older, and has some of its teeth, it may then be fed with some of the easily digested foods, such as rice and milk, oat meal gruel and milk, etc.; but a child, no matter what age, should have its regular meal hours. The food should be plain, well cooked; no spices or condiments of

any kind should be given it, and no piecing between meals. It should be much in the fresh air and sunshine, should be dressed comfortably for the season, but should have perfect freedom of its limbs, and as soon as able should be encouraged to play much out of doors. If the child becomes feverish and restless, find out, if possible, the cause; see that its clothing is not irritating it; do not coax it to eat unless it wishes food. If it is feverish, sponge it frequently with tepid water; if it remains sick, call in a good, sensible doctor, who does not believe it necessary to make a child's stomach a drug shop or a swill barrel. If the child be a girl, dress her warmly in cold weather, but do not, if you have any love for her, or her future health and happiness, compress her waist with the abominable corsets, for if her constitution has not been injured previous to their use, they will certainly begin her downward career, physically, at least. The trouble is, fashion makers in their madness think they can improve on nature, but the car of Juggernaut never crushed out the millionth part of young lives that the corset has. It has also caused untold misery and premature old age to millions. Plenty of sleep should be taken in the early part of the night, especially in a cool, well-ventilated bedroom. The Swedish movements or gymnastic exercises should be regularly practised, so as to develop every muscle of the body. Meals at regular hours—plain, nutritious food—should be given; flesh foods had better not be fed to the young till they are four or five years of age, and then only in great moderation, once a day. Every child should be encouraged to masticate its food thoroughly as soon as it has sufficient teeth to do so. The food should be used without drinking at meals; if the habit is cultivated there will be no craving for fluids at that time. The food will be much better masticated, very much better digested and assimilated. If the food is used with very little salt and no pepper or other condiments, with plenty of nice, ripe fruit at meals only, the child will have no abnormal cravings; and if that regimen is kept up, and the child born under right circumstances, it will never develop into an alcoholic, tobacco or morphine fiend. But, alas! in too many cases the old Bible proverb is true, "The fathers have eaten a sour grape, and the children's teeth are set on edge."

Worry is one of the worst things to indulge in; that and bad temper soon spoil the looks of a young face, bring lines, and deepen

them, and make the face look prematurely old. Where lines have come in the face, from whatever cause, they can in a measure, at least, be removed by careful living and cultivating a cheerful, kindly disposition. Carefully given massage at the same time, used persistently to the face, will have a most beneficial effect in improving it.

A fine complexion is partly due to birthright, but also very much depends upon right management. If the blood is injured by improper food, or if the digestive organs and the liver are compressed, so that they cannot act freely, the blood will be poisoned, and the best complexion will soon be ruined.

Life could easily be extended, even under present conditions, if only healthy people were to marry, and then raised their children under right conditions. The short-lived race would soon die out, and people would live and be healthy and vigorous to the age of one hundred and twenty, as nature intended, instead of the short-lived, puny race we have at present. "And the Lord said, My Spirit shall not always strive with man, for that he also is flesh; yet his days shall be an hundred and twenty years" (Gen. 6 : 3).

HOW TO HAVE A SHORT LIFE.

If you wish to have a short and a merry life, so called, eat often ; eat as often as you feel like it, as often as you are asked ; eat whether you feel like it or not. Use constantly the richest foods you can get ; cake and pastry of all kinds should be your daily delight ; eat meat at every meal ; use it high if it can be got ; have all your food very highly seasoned ; accustom yourself to despise plain food ; cover your food with salt, pepper, mustard and vinegar. With other foods use sugar in large quantities, to make it taste good. Pickles should be your constant companion. Drink as strong green tea as you can get, and when you are not drinking tea, wash all your food down as quickly as possible with strong coffee, or, better still, with beer, wine or whiskey. Be sure to go to parties where there are large crowds, in close, badly ventilated rooms. Eat heavy suppers ; smoke lots of tobacco ; sleep in a room where the night air is thoroughly excluded, and the day air, too, if you can manage it. If you are of the female persuasion, have the clothing round your body so tight that you can hardly breathe ; have your corsets drawn so tightly that nothing more can

be done in that line. In bitter cold weather go to the evening parties in "full dress," which means half dress. If you are one of the lords of creation, go out with the boys often and have a royal good time of it. When nature begins to reckon with you in the shape of pain, try all the various sure-cure remedies one after the other, and when they fail, use the various animal serums that may be puffed at the time to make you young again, you know. If you have not succumbed before you have given them all a thorough trial, and you are one of the fortunate ones, your money holding out, fall back on the hypodermic syringe, and become a morphine or cocaine fiend to add to your joys. When outraged nature cuts short your gay and brilliant career, have this engraved on your tombstone: "Here lies Blank, who spent a short life in chasing Pleasure, but she generally eluded him, or her."

If you are one of those who wish to have a short and a merry life do not read any further, for the knowledge concerning food would be of no use to you, and might some time trouble you.

If you are one of those, however, who wish to enjoy long life and health, and also wish to be of some use in the world, study closely the following pages, and practise rigidly their teachings, even at the risk at first of a great deal of self-denial and the penalty of being called a crank, and you will get your reward later, if you have not already ruined your constitution. "The mills of the gods grind slowly; but they grind exceedingly small."

Those persons who know how to use and properly prepare correct food are of more value to the community than all the great warriors, writers and poets combined. Health, sound minds and vigorous bodies are the glory of a nation. Alas! it is a lamentable fact that among civilized nations insanity and idiocy have increased enormously within the last fifty years. Indigestion, consumption, cancer, rheumatism and nervous diseases are also on the increase, while patent medicine vendors are clamoring with brazen effrontery that if only their nostrums were taken all would be well. The true source of the trouble, however, lies largely in the use of improper food; the use of these much-vaunted remedies only give temporary relief, and in the end make matters worse. The use of improper food, either in regard to kind or mode of preparation, often produces indigestion; the various parts of the body are poorly nourished, producing

a craving for something, and this is temporarily quieted by the use of alcohol, tobacco, and various other narcotics, which bring great gain to the vendors, but in the long run misery and death to the users.

The body is like a beautiful but delicate machine, which is constantly at work, and has the power within itself of properly renewing all its parts. The body not only has this power of constant renewal, but it regularly throws out the waste material, which, if retained, acts as a violent poison. When this waste is not properly eliminated disease is the result, so that the two most important conditions required are a constant supply of the right material and the regular removal of the waste.

The God of nature has provided us with an abundant supply of materials, which should be rightly used. The requirements of various persons are often very different, and the old saying is often true, "What is food for one is poison for another." At the same time there are general principles which hold good in all cases. The body requires more heat-forming material in very cold weather than in warm weather. Persons very vigorously using their muscles require more muscle-forming material than those who are inactive. Growing children require more food in proportion to their size than mature individuals. Persons with weak stomachs require easier digested food than persons with vigorous ones. The following table will give some idea of the composition of the body, and consequently its requirements for renewals. A person weighing 150 pounds is composed of:

	LBS.		LBS.
Oxygen	- 92.4	Sulphur	- 0.24
Nitrogen	- 4.6	Calcium	- 2.8
Hydrogen	- 14.6	Potassium	- 0.34
Chlorine	- 0.12	Sodium	- 0.12
Carbon	- 33.3	Magnesium	- 0.04
Phosphorus	- 1.4	Iron	- 0.02

Of course, much of the oxygen and hydrogen in the body are in combination, forming water. A body weighing 154 pounds is composed of 116 pounds of water and 38 pounds solid material. We

also get a large supply of oxygen from the air. A considerable amount of the fluids of the body pass off with the breath and through the skin, as well as by the bowels and kidneys; this fluid of the body, therefore, requires constant renewal, and the very best fluid for the purpose is pure water.

The normal body temperature is always between 98 and 99 degs. Fahrenheit, whatever the temperature may be outside the body. A person, therefore, in cold weather naturally requires more food, and especially more of the kind of food that produces heat, namely, the fats, sugars and starches; and in very hot weather less of this class of material should be used. If this were closely attended to many persons would suffer less distress than they do either in heat or cold. Those food stuffs that produce the heat in the body are generally known as carbonaceous, which term will be used here to designate them. That which has largely to do with building up the new material of the body is called the nitrogenous or proteid material. The other division are the so-called salts, such as phosphorus, sulphur, calcium (or lime) iron, etc.; these salts are found in most plants as well as in the animal body.

The salts enter into combination with each other and with some of the other materials, and are found in the bones, the blood, the nerves and the brain. The carbonaceous, when used too freely, in some organizations forms an excess of fat, which is again used up in cases of starvation.

The nitrogenous food consists of albumen, which is found almost in a pure state in the white of an egg; it is also in many other substances. This class of foods also comprises casein, gluten and fibrin.

WHEAT.

The whole wheat contains all the essential elements to nourish the body and keep it in a healthy condition under ordinary circumstances for many years, but our modern system of milling is wasteful, removing all the outer part of the wheat in order to have nice, white flour, as if white were the only desirable color to have in food. In this process most of the salts are removed along with a large percentage of the nitrogenous material; the starch or carbonaceous

material is principally what is left. A dog fed on white bread alone dies in a few weeks, while dogs fed on the whole wheat bread live and enjoy good health. Under ordinary circumstances the body is best nourished by the use of foods containing seven parts of carbonaceous material to one of nitrogenous; the whole wheat contains this proportion. There is a certain proportion of waste that is not used in the body, but this waste is necessary; if entirely removed, the result will be constipation, which so many suffer from. The human digestive organs were never intended to digest only concentrated foods, and when this is persisted in disease is the result.

OAT MEAL.

The next grain that comes nearest supplying all the needs of the body is oatmeal. The Scotch peasantry in the past lived principally on this food, and they were noted for being a strong, healthy, vigorous race, with fine, sound, hard teeth, but of late years many have taken to the use of fine, white flour, largely discarding oatmeal, and the result is degeneration. Fifty years ago large numbers of the people lived on oatmeal porridge and milk and oatmeal bread, using herrings occasionally and potatoes, but very little animal food. They were comparatively free from diseases; the doctor was rarely seen in the rural districts, and they did not know what it was to be nervous. To this class probably belonged the old lady who said she was thankful she was born before nerves were invented. Toothache was very uncommon among the children then. I remember when at school of one boy suffering from toothache, and to most of us it was a great surprise that anyone's teeth should ache. Oatmeal is generally considered to be too heating to be used in the summer time, but many analyses of oats give less of the carbonaceous to the nitrogenous than in wheat. I have used oatmeal all my life when I could get it, and have not found it too heating in very hot weather; but great is the force of habit, and considerable the force of imagination. All plants, as well as animals, will vary somewhat in their ultimate analyses; this will depend upon their environment to some extent. Plants grown upon soil rich in phosphates, iron or silicon, for instance, will contain more of these ingredients than plants

grown on soil poor in them. Oatmeal is deficient in gluten or binding material, and consequently cannot be made into nice, light bread, like wheat flour; but oat cake has the great advantage that it has to be masticated before it is passed into the stomach, whereas white bread is frequently bolted with scarcely any mastication. The teeth are used very little, and when white flour is only used, the material for forming bone is largely taken out of it, and the teeth decay for want of use and for lack of bone-forming material. If this goes on for a few more generations in the process of development backwards, not only will children have no teeth to start with, but they will never get any, for nature is always inclined to dispense with useless members. Oatmeal has the disadvantage that it is more apt to disagree with weak stomachs than wheat flour, especially in excessively acid stomachs.

CORN MEAL

Cornmeal contains as much nutrition as wheat or oatmeal. The Northern corn contains a very much larger percentage of carbonaceous material than either of the other two; on the other hand, the Southern corn contains a very large percentage of nitrogenous material. The Northern corn could be used to advantage in cold weather, and the Southern cornmeal in warm weather. The Northern corn could be used with other foods containing an excess of nitrates, such as lean meat, eggs, fish, milk, bananas or nuts, whereas the Southern corn could be used with foods containing an excess of carbonaceous material, such as rice, potatoes, carrots, parsnips, sugar, grapes, apples, pears, plums.

RICE.

Rice contains a very large percentage of the carbonates, principally in the form of starch, which is over 79 per cent. of the whole, and is deficient in the nitrates as well as the salts, but used with milk, bananas, lean meat, fish, eggs or nuts, which will supply the deficiency of the nitrates, it is a very useful food. Rice itself, when well boiled, is one of the most easily digested foods, digesting in

about one hour, which is sometimes a great advantage to very weak stomachs.

PEAS AND BEANS.

Peas and beans, and all the so-called legumes, contain a very high percentage of nutrition in their dry state, but have the disadvantage that they are hard to digest; used in the green state they are much easier digested. They contain a large excess of nitrates. Peas are deficient in iron, but contain a large percentage of bone-forming material. Beans contain a higher percentage of nitrates than peas and a lower percentage of carbonates. Both peas and beans contain considerable phosphates, but a less amount than either wheat or oats.

BARLEY.

Barley is deficient in the nitrates, but has a high percentage of the carbonates; it is rich in the salts, containing more than wheat, but less than oats. Barley, when well boiled, stands next to rice among the grains in being easily digested.

POTATOES.

The Irish potato, so called, is one of the best of the vegetables. It contains a large excess of carbonates. In Ireland, where they are the principal food of the peasantry, who are a vigorous race, this deficiency of the nitrates is supplied by the use of milk, and occasionally fish and pork. Potatoes are one of the best preventatives of scurvy where people are so unfortunate as to have to live largely on salt meat, which produces it. Potatoes, when good and properly cooked, are easy of digestion, and agree with most other kinds of food, but a person could not live on them very well alone for a length of time and work hard, for to get enough of the nitrates for the body's needs about nine pounds a day would have to be eaten; and then there would be a great excess of the carbonates taken, which would have to be disposed of, supposing one had a stomach capable of disposing of this large amount of material. Potatoes contain about 75 per cent. of water, whereas the dry grains rarely contain

more than 15 per cent. Potatoes are most nutritious when cooked with their skins on ; they lose much of their food value when they begin to grow.

CARROTS.

Carrots, while nutritious, contain a large amount of water—about 83 per cent., and a large excess of carbonates. They will likely become popular for a time, as the latest New York fad with ladies is to use grated carrots in the morning; and this is supposed to make them young again, and beautiful, and cause them to be able to bear children until they are over sixty. I am not sure about the last part of this wonderful discovery becoming popular, but the first part is sure to be, and ought to cause a corner on carrots and enrich some speculator. If the users of grated carrots would at the same time give up late hours, tea and all narcotics, and live on plain, unstimulating food and cultivate their higher natures by imitating the character of Jesus Christ, they would before long have beautiful faces. This prescription never fails.

SWEET POTATOES.

Sweet potatoes contain less water than the Irish potato and a larger amount of sugar, as well as more of the salts, thus containing more nutrition than their Irish namesake; the only disadvantage is they are very much more expensive.

TOMATOES.

The generally received idea that tomatoes cause cancer has not a particle of foundation in fact. The story is said to have started at Dr. Dio Lewis's sanitarium a good many years ago. Early one spring, some of his patients were clamoring for tomatoes ; he, in order to put them off, said jokingly, that they caused cancer, and this story has spread all over the world, causing great uneasiness to many. Tomatoes are wholesome and agreeable to most persons. The skin should be removed, which is easily done by pouring very

hot water over them, and then quickly peeling. They are just as nutritious when well canned. They generally go very well with vegetables of any kind.

Vegetables are very useful to most persons, and, although they contain a large amount of water, it is of a healthy nature; like the juices of fruits, it is of nature's distilling. Persons with weak stomachs should not use more than one or two kinds at a meal. Irish potatoes generally go well with any other kind of vegetable, fruit or grain.

There is scarcely any nutrition in cucumbers or in pickles, and persons would be far better if they never accustomed themselves to relish and crave for material that is not beneficial to build up healthy bodies. People do not put into a structure which they are erecting material that is not needed there, and will have to be thrown out again.

CABBAGE.

Cabbage, when cooked, is hard to digest, but, contrary to the usual rule of food stuffs, is much more easily digested raw. But raw vegetables should be very thoroughly cleaned, as they are apt to have on them the eggs of worms, etc., that will develop in the intestines. Cabbage contains a large amount of water, about 92½ per cent. When cooked it takes about four and a half hours to digest. Those persons who wish a food that will stay in their stomachs should use cabbage and salt pork (boiled), or corned beef; they will then have an abiding food that will stay with them between meals. Cabbage contains a large percentage of nitrogenous material in proportion to its solid material and a large amount of sulphur.

FRUITS.

Ripe fruits used at meal times are most beneficial. They contain a large percentage of water, but that water is of the very best of nature's distilling—very much better than all the mineral waters so much puffed by their various vendors. Their only disadvantage is they are so cheap that it does not pay to praise their virtues.

APPLES.

Apples stand at the head of the list of fruits as a food. They are easily kept, easily transported, and a ripe, mellow apple, well masticated, raw, is easily digested. The apple contains about 85 per cent. of water, and where a person can digest them, eaten raw with the skin on, there is no better preventative of disease. Of course, sour, green apples, eaten between meals, are most indigestible. Paring of most fruits, as well as the potato, takes away some of their most valuable properties. The salts of many fruits, as well as some of the grains, lie immediately under the outer skin. There is little or no nutrition in the outer covering itself, but where it can be used it helps to keep the bowels active. The fruit acids should be used instead of vinegar, as vinegar is injurious.

The following table gives the composition of fruits. Pectin is

	SUGAR	PECTINE	PECTOSE	DEX-TRINE	ALBU-MEN	WATER	SALTS
Apples.....	8.0	5.5	1.2	..	0.39	84.	0.52
Pears	11.5	and Dextrine	..	2.07	0.21	84.	0.3
Cherries	18.12	2.69	0.9	75.	0.6
Strawberries ...	7.57	0.11	0.9	..	0.35	87.	0.4
Gooseberries ...	6.2	0.7	0.8	85.	0.3
Currants	6.4	0.1	0.9	..	0.5	86.	0.5
Raspberries	4.7	1.7	0.5	..	0.5	86.	0.5
Huckleberries..	5.7	0.5	0.2	..	0.7	86.	..
Apricots	11.6	4.8	0.9	75.	0.3
Peaches	7.	6.	0.3	85.	0.4
Plums	6.7	6.4	0.4	..	0.3	82.	0.4
Figs	62.5	..	.	5.2	..	16.	5.4
Dates.....	58.	1.3	..	3.4	..	33.	..
Grapes.....	13.7	0.5	0.8	80.	0.3

a principle which forms the base of vegetable jelly. Pectose is also a glutinous substance, but more unstable. Dextrin is a mucilaginous starch.

These figures are, of course, only approximately correct; as already stated, soil, climate and mode of cultivation produce somewhat different results.

This table shows that all these fruits have a low percentage of albumen or nitrogenous properties and a high percentage of carbonaceous material, and when used with the grains or nuts, which have a high percentage of nitrates, are most valuable foods to build up a healthy body. The various fruits in their season, when ripe and sound, are very valuable foods where a person can digest them. Figs, according to this table, have no nitrates, but are very rich in the carbonates; they are the only one of the fruits here given which contain fat; they have 0.9 per cent. Figs used occasionally are very helpful to keep the bowels active.

NUTS.

Nuts are a very much more concentrated food than the fruits we have given. The following table is from "Modern Medicine," by Dr. Kellogg:

NAME.	PROTEIDS OR NITRATES.	STARCH.	FATS.	NUTRIMENT.
Walnut... ..	15.8	13.	57.4	88.2
Hazelnut.....	17.4	7.2	62.6	89.7
Sweet Almond.....	23.5	7.8	53.	87.3
Peanuts.....	28.3	1.8	46.2	79.6
Cocoanut.....	5.6	8	35.9	50.5

The writer says: "From this table it will be seen that the almond and the peanut contain a considerably larger proportion of proteids than beefsteak. The amount of proteids in a pound of peanuts is in fact 50 per cent. more than in a pound of beefsteak. . . . The total nutritive value of nuts is in almost every instance more than

three times that of the beefsteak." Nuts, if not very thoroughly masticated, are hard to digest; they can be made acceptable, however, to most weak stomachs by grinding and then cooking at a low temperature for a long time.

THE SALTS IN FOODS.

The various fruits, grains, roots and vegetables contain all the various salts necessary to build up healthy bodies, and can be got from this source in a much better form for assimilation than in any medicine, no matter how skilfully prepared. Nature's laboratory excels all others. Prof. Bung, the famous physiological chemist of Basle, Switzerland, at the German Congress of International Medicine, held in April, 1895, stated in a paper read by him, that he did not consider that iron was taken up in the system from inorganic compounds, such as medicine; that when taken it was thrown out again in the form of iron, and that all the benefit ascribed to it was simply derived from SUGGESTION, or, in other words, the patient thought he was getting something that would benefit him. Bung further stated that the entire amount of iron in the body of an adult was not more than about $38\frac{1}{2}$ grains. He further stated that it was rare, indeed, that the most anæmic person is lacking more than one-third of this amount, and that this deficiency can be easily supplied by using those foods that are rich in iron. The iron contained in the food substances is in a state well adapted to the body's needs.

IRON.

The following foods have a large percentage of iron, and will supply it to the body in the very best form. Taking the analysis of the ash of various foods, those rich in iron are in per cent.; apple, 2.65; asparagus, 3.31; kidney bean, 5.24; red beet, 2.5; celery, 2.6; cocoanut, 2.95; cauliflower, 3.67; fig, 2.76; gooseberry, 8.65; green gage, 6.04; oats, about 2; pineapple, 2.93; potatoes, 5.1; radish, 2.19; radish tops, 16.45; rhubarb, 2.77; spinach, 8.67; strawberries, 11.12; wheat, 0.67; walnuts, 2.49; fresh beef, 0.69. Here, then, is an abundant supply of very nice food, some of it extremely rich in iron. Strawberries and radish tops should not be hard to take, and

will not ruin the teeth, as the druggist's prescription does, giving lots of work to the dentist. If gooseberries, kidney beans and potatoes could be prescribed as a medicine they would possess great virtue for the iron they contain. If some enterprising individual would only puff them well he might make a fortune out of these products as medicine if he could only keep people from knowing what they are, and go to work and manufacture a sufficient amount of bogus testimonials, which are necessary to get people to buy the wares.

PHOSPHATES

Phosphates are more extensively needed in the body than even iron, and they are likewise very extensively prescribed in medicine; but in this again we have an abundant supply in various foods, and that in the very best form, for the body's needs. The following is the percentage in the ash of the various foods named, mostly in the form of phosphoric acid: Apple, 12.34; asparagus, 18.51; barley, 40.63; buckwheat, 50.07; common beans, 31.34; Windsor beans, 37.94; cheese, 45; cauliflower, 25.84; grapes, 23.50; maize, 28.45; milk, 28.45; oats, 14.5 to 49; pear, 31; potatoes, 13.55; radish, 40.90; radish tops, 6.07; rice, 53.36; rye, 14.5 to 49.2; wheat, 41 to 49.7; fresh beef, 27.18. What is the matter with these foods that they should not be used to get all the phosphates necessary?

CHLORINE.

Chlorine combines with hydrogen, and forms hydrochloric acid, which is found in the stomach during digestion. These foods contain chlorine in their ash in the following percentage: Milk, 14.38; coconut, 13.42; cabbage, 5.75; red beets, 5.2; rice, 0.27. "In man the amount of free hydrochloric acid in healthy juice in the stomach may be stated to be 0.2 per cent."—M. Foster.

SULPHUR.

Sulphur is required for the body. The use of mineral water is extensively recommended, and people frequent sulphur springs in great numbers to drink in its virtues. Sulphur in such a form is an

inorganic substance, and, according to Prof. Bung, cannot be readily used in the system. The benefit derived from such places is largely due to the changed conditions, to bathing, and much to suggestion, on the same principle that many are cured of nervous difficulties by Christian Science. The mind is diverted away from the difficulty, worry is stopped, and the body gets a chance to recover. For those who are benefited by the use of sulphur the following foods will furnish it in the very best form. These figures, like the previous ones given, represent the percentage of the ash of the material named: Coconut, 26.98; cabbage, 21.48; cauliflower, 11.16; spinach, 9.30; oats, 10 to 17; fig, 6.73; apple, 6.09; grapes, 5.0; gooseberry, 5.89. Wheat is low in this element, only 1. to 0; fresh beef, 2.25.

CALCIUM.

The lime salts are necessary also in the body, as they form a large ingredient in the bones and teeth. Many of the ordinary foods contain considerable of this material. The following gives the percentage in their ash: Apple, 4.08; asparagus, 4.39; barley, 3.36; red beef, 7.0; buckwheat, 6.66; cheese, 30.32; kidney beans, 7.75; celery, 13.11; fig, 18.91; gooseberry, 12.2; cherry, 7.47; milk, 22.; oats, 1.3 to 10.1; pear, 10.39; pineapple, 12.15; peas, 10.39; radish, 8.78; radish tops, 27.9; potatoes, 3.44; rhubarb, 10.04; strawberry, 14.21; spinach, 13.11; wheat, 2.9 to 4.3; walnut, 8.59; fresh beef, 3.18.

When the whole wheat flour is used it contains a considerable amount of the lime salts, but in the process of making white flour it is almost entirely removed; and where children are fed principally on white bread, butter and tea the system is starved, although they may eat a great deal, the bones are weak and the teeth decay, but by a judicious choice of the foods above named this can be prevented.

The following table is carefully compiled. Numerous authorities have been consulted in making it up; an average of the whole has been used. It will give a good idea of the relative proportions of material in each food named:

	WATER	NITRATES	FAT	STARCH OR SUGAR	SALTS
Arrowroot.....	18			82	
Banana.....	79.36	4.85	0.53	19.69	0.97
Barley meal.....	15	6.3	2.4	74.3	2
Beans, dry.....	12.04	24.02	2.07	58.25	3.62
Beef, average.....	72	20.95	5.85	0.32	1.15
Beet.....	83.5	1.5		11.3	3.7
Bread, white.....	35.59	7.06	0.46	56.9	1.9
Bread, whole wheat...	37.0	8.1	1.6	51	2.3
Butter, no salt.....	8.8	2.7	85.55		0.2
Cabbage.....	91.5	0.2	0.5	5.8	0.7
Cheese, medium.....	42.2	29.5	22.7	1.8	4.5
Cream.....	66	2.7	26.7	2.8	
Egg, white.....	78	20.4			0.8
Egg, yolk.....	52	17.47	30		0.6
Maize.....	13.5	10	6.7	64.5	1.4
Milk, human.....	88	2	3.6	6	0.4
Milk, goats.....	86.5	4	4	4.7	0.8
Milk, cows.....	87.5	3.45	3.7	4.7	0.65
Milk, skim.....	88	4	1.8	5.4	0.8
Butter milk.....	88	4.1	0.7	6.4	0.8
Mutton, average.....	75.25	17.2	6.3		1.25
Oatmeal.....	10 to 15	12 to 19	5 to 7	63 to 74	1 to 3
Oysters.....	89.7	4.95	0.37	2.63	2.35
Salmon.....	61.8	20.15	15.70		2.35
Herring.....	74.64	14.55	9.03		1.8
Mackerel.....	71.2	19.36	8.08		1.36
Trout.....	77.51	19.18	2.10		1.21
Whitefish.....	78	18.1	2.9		1
Parsnip.....	82	1.1	0.5	15.4	1
Pork, lean.....	72.57	20.25	6.81		1.1
Pork, fat.....	47.4	14.54	37.34		0.74
Peas.....	15	22	2	53	2.4
Potatoes, Irish.....	74.98	1.88	0.16	21.92	1.06
Potatoes, sweet.....	67.5	1.5	0.3	27.2	2.6
Poultry.....	74	21	3.8		1.2
Rice.....	13	6.8	0.7	79.5	0.5
Rye meal.....	15	8	2	73.2	1.8
Sugar.....	5			95	
Treacle.....	23			77	
Turnip.....	91	1.2		7.2	0.6
Veal, average.....	75	19.5	4.3		1
Venison.....	75.76	19.77	1.92	1.42	1.13
Wheat flour.....	15	11	2	70.3	1.7

SODIUM CHLORIDE, OR COMMON SALT.

Common salt is found in many foods, and can be got from these in a better form for the needs of the body than in the pure salt, but most people have become so accustomed to using it in large quantities that this supply from the food itself would not satisfy them. In the ash of these foods the percentage is: Asparagus, 12.94; fresh beef, 19.31; pineapple, 17; radish, 7.07; radish top, 8.5; lettuce, 7.82; rhubarb, 8.84; spinach, 7.93; potato, 5.26; fig, 4.02; strawberries, 2.78; cauliflower, 2.78; kidney bean, 2.80; oats, 0.1 to 5.8.

Too much salt used on food is injurious, as it is thrown out largely by the kidneys.

FLESH FOODS.

This table shows that all flesh foods contain a large amount of nitrogenous material, and that fish contains as much as animal food, especially salmon, which generally contains less water than beef; and fish when they agree with a weak stomach, have the advantage that they are more easily digested. No one could live for a length of time on flesh foods alone, as they are, unless very fat, deficient in the carbonates. Many persons eat too much flesh foods under the mistaken idea that they are the best to support the strength; used once a day in limited amount they are very helpful to many persons, but when used in too large quantities, to the exclusion of fruits and grains, they are a prolific source of many of the diseases that are becoming so common, such as rheumatism, gout, consumption and cancer. They contain a large amount of water, as will be seen by the table, and that water is not of the high character of the water contained in the ripe fruits, but contains a large amount of waste products, because no matter how healthy a living animal is, there is a constant amount of waste going on in the tissues, which is being carried out of the body by the fluids. Flesh foods should be always well cooked, for the cooking, if well done, destroys any live germs that may be in the flesh, such as worms or the trichinæ often found in pork. Chicken is often the best kind of flesh to be used by those whose stomachs are weak. Highly seasoned food of any kind is very objectionable, as it perverts the natural

taste and spoils one from enjoying the beautiful natural taste of food. Pork, while probably the best-liked of all the flesh foods, is more apt to produce disease than any of the others on account of the filthy habits of the pig. Dr. Clark is said to have asked this grace when requested to by his hostess: "O Lord, if Thou can bless under the Gospel what Thou didst curse under the law, bless this pig."

HOW TO CURE DRUNKENNESS.

It is a great mistake to suppose that most people cannot live and keep good health without the daily use of flesh. Large masses of the population of the globe seldom or ever taste flesh. If the right proportion of other foods be used, about seven parts of carbonaceous material to one part of nitrogenous (which can easily be reckoned by the table given), good health can be maintained without the use of flesh at all. A person who has used a great deal of meat, making a sudden change will probably suffer for a short time until the digestive organs adapt themselves to the change. I have lived for many months without using flesh of any kind, and did as much work, both mentally and physically, as when using meat. I make these statements because I believe the very best way to cure the drink habit, as well as that of smoking, is to give up entirely the use of all flesh foods. Such a course, if persisted in, with a thorough course of bathing, will cool the feverish system and enable the poor victim to throw off his chains of slavery better and easier than all the boasted cures, which bring money to their vendors, but too often bitter disappointment to the user and his friends. The use of tobacco, alcohol and condiments, as well as tea, should be dropped at once, and get back as quickly as possible to plain, natural food.

MILK.

Milk contains all the elements to properly sustain life in the young, and it should be their only food at first. It is extensively recommended for invalids, and in many cases is very beneficial, but there are some persons who cannot use it without great suffering; this is on account of a peculiar temperament, which many physicians

do not well understand. Milk, when used by persons with a weak stomach, should either be sipped slowly or sucked through a tube; sucking is nature's method, and will often prevent the distress some so bitterly complain of. When it is drunk rapidly it forms a large clot in the stomach, which causes the distress. Skim milk or buttermilk will often agree with one better than the new milk. Milk is not sufficient as a food for an adult to do hard work on; too large an amount would be required. Milk is also deficient in iron. At birth the young animal is provided with an extra amount of this necessary material.

EGGS.

Eggs contain a large amount of nitrogenous material; the white of egg is almost entirely composed of this; and when it is used raw, and well whipped, is very easily digested. The yolk, on the other hand, contains quite a percentage of oil, and is harder to digest. Some persons cannot use eggs at all, and others, if they use too many or too constantly, will be injured. Where the liver is at all weak this is the case, and such should use eggs in great moderation. Contrary to the general rule with most foods, the less they are boiled the easier they are digested, while with some the yolk boiled very hard, and when thoroughly masticated, digests easier. Eggs contain a large amount of sulphur.

C. Gilman Currier, M.D. in his work, "Outlines of Practical Hygiene," says: "The egg of an average hen has no more food value than one-third of a pint of milk, and lacks the sugar of the milk. One dozen of eggs have only a trifle more food value than a pound of fat meat." Eggs mixed and baked with other food often cause great trouble to weak stomachs.

COFFEE AND TEA.

Dr. Currier says: "The ancient view that these drugs lessened the need for food, or that they improved nutrition, is incompatible with the most recent scientific knowledge. Coffee and tea add nothing to the real strength of the system." Dr. James Henry Bennett, in his work, "Nutrition in Health and Disease," says: "Tea

and coffee, and all nerve stimulants of the same class, may likewise disturb digestion, and their use may be followed by lithatic urine, especially if they are taken in a very concentrated form. They are less liable to produce this result than beer or wine." Tea always aggravates any disorder of urinary or sexual organs; those who value their children's best interests should not give them tea or coffee.

The following table from the work of J. Pereira, M.D., F.R.S. and L.S., on "Food and Diet," will give a good idea of the time various kinds of food take to digest:

		H.	M.			H.	M.
Apples sweet & mellow	Raw	1	30	Lamb.....	Broiled	2	30
" " sour	"	2		Milk	Boiled	2	
" " hard....	"	2	50	"	Raw	2	15
Barley	Boiled	2		Mutton, fresh	Broiled	3	
Bass fresh	Boiled	3		" "	Boiled	3	
Beans	Boiled	3		" "	Roasted	3	15
Beans pod	"	2	30	Oatmeal	Boiled	3	
Beef.....	"	2	45	Oysters, fresh	Raw	2	55
" fresh lean	Roasted	3		" "	Roasted	3	15
" steak	Boiled	3		" "	Stewed	3	30
" fresh lean dry.....	Roasted	3	30	" soup.....	Boiled	3	30
" " "	Boiled	3	30	Parsuips	Boiled	2	30
" old hard salted ...	"	4	15	Potatoes, Irish	Baked	2	30
" suet fresh.....	"	5	30	" "	Roasted	2	30
Beets	"	3	45	" "	Boiled	3	30
Bread wheat	Baked	3	30	Pork, sucking pig	Roasted	2	30
Bread corn.....	"	3	15	" recently salted...	Raw	3	
Butter	3	30	" "	Broiled	3	15
Cabbage head	Raw	2	30	" " "	Boiled	4	30
" "	Boiled	4	30	" " "	Fried	4	15
Cake sponge	Baked	2	30	" fat and lean	Roasted	5	15
Carrot	Boiled	3	15	Rice	Boiled	1	
Custard	Baked	2	45	Sago	"	1	45
Chicken	Fricassee	2	45	Soup, beef & vegetables	"	4	
" soup	Boiled	3		Salmon trout.....	"	1	30
Green corn & beans...	"	3	45	" "	Fried	1	30
Cheese old strong	Raw	3	30	" salted.....	Boiled	4	
Cat fish.....	Fried	3	30	Turkey, wild.....	Roasted	2	18
Ducks domestic	Roasted	4		" domestic	Boiled	2	25
" wild.....	"	4	30	" "	Roasted	2	30
Dumpling, apple.....	Boiled	3		Tapioca	Boiled	2	
Eggs, whipped.....	Raw	1	30	Turnips	"	3	30
" fresh	Soft boiled	3		Tripe, soused	"	1	
" "	Raw	2		Veal, fresh.....	Broiled	4	
" "	hard boiled	3	30	" "	Fried	4	30
" "	Fried	3	30	Venison steak	Broiled	1	35
Fowls, domestic	Boiled	4					

THE STOMACH.

Stomachs may be compared to grinding machines. Some are large and strong, while others are small and delicate, and can only deal with fine material. Persons working much outside, especially at rough, hard work, do much better where they get strong, coarse food, such as pork, beans and peas; and easily digested food, such as rice, arrowroot and whipped eggs, would give them very little satisfaction; they want something that will stay with them. To such persons too much cooking spoils the food, whereas persons with weak stomachs, as a rule, require their food thoroughly cooked, so that the particles of the food are well broken up, that the juices of the stomach may easily reach them. Such persons should masticate their food thoroughly; upon this knowledge depends much of their health and happiness. Persons with weak digestion should not use ice cream, especially at meals, as the cold lowers the temperature of the stomach and greatly retards digestion. Hot water, milk and sugar, taken after eating, is much more beneficial, used in moderation.

VARIETY IN FOOD.

Some persons can live continuously on one class of foods, keep good health, and have no great desire for change, but the large majority of people, especially those who are much confined, soon tire of the same kinds of food, and crave change; the change should not, however, be too great at once. Many persons using altogether another kind of food than that they have been used to, if they use it in any quantity, at first are apt to suffer from indigestion; for instance, when green peas come in, in the spring, if used at first freely, are apt to cause diarrhœa. When small quantities of a new class of food are used at first the stomach gets a chance to gradually adapt itself to the new requirements, as the stomach and bowels secrete fluids to digest the foods they are accustomed to, and as a rule adapt themselves to fresh conditions if they are given a reasonable chance. Persons with rather weak digestion should not use many different kinds of food at a meal, and should eat rather less than they desire; especially is this the case with the third meal. They

should never eat anything between meals, and avoid all kinds of pastry, and rich food until their stomachs become stronger at least.

COOKING FOOD.

As already stated, most food should be well but plainly cooked. Meat should be cooked with a good, sharp fire at first; this closes up the outside and prevents the juices from escaping. Frying is the worst form of cooking food. Pereira, in his work, "Food and Diet," says: "The influence of heat on fatty substances effects various chemical changes in them whereby they are rendered obnoxious to the stomach. Hence those culinary operations in which fat or oil is subjected to high temperatures are objectionable for the preparation of foods for persons with weak stomachs. On this account dyspeptics should be prohibited from employing foods prepared by frying, as in this operation the heat is usually applied by the intermedium of boiling oil or fat. Fixed oils give off while boiling carbonic acid, a little inflammable vapor, and an acid volatile oil called acroleine, while the fatty acids of the oils are in part set free. It has always appeared to me that cooked butter proves more obnoxious to the stomach than cooked olive oil. This I ascribe to the facility with which, under the influence of heat, the volatile acids of butter are set free." This is also the reason why all kinds of food cooked with any kind of grease in them prove objectionable to weak stomachs, and nearly all cooks and bakers spoil the food in this way; even oat cake, when made by bakers, is mixed with some kind of grease, making it indigestible.

The following extract is from "Practical Hints in Household Management" in Chambers' Journal for March, 1900: "All boiled meat should be put on in hot water, to set the albumen and retain the juices. Meat boiled to make soup or stock (beef tea), on the contrary, should be put on in cold water to dissolve the Osma-zome and extract the juices. The great art in cooking animal food is to apply the heat, whether wet or dry, so as to fix the albumen, and so coat over the meat at first. This it is that makes broiling so favorite a method of cooking, for, the surface of the meat becoming quickly charred, the evaporation of the juices is retained and a higher flavor generated. The loss, both by boiling and roasting, varies so

much under different circumstances that there is little satisfaction in recording experience or quoting from tables. About 25 per cent. is a fair average of loss in roasting under ordinary conditions; while in boiling the loss varies from 6 to 16 per cent., the lowest percentage being in bacon, and the highest in salt beef; in domestic poultry it averages 15. It thus appears that the loss in roasting far exceeds that by boiling; and when we take into account that the loss by the latter is not actual loss, but that what goes out of the solid is found in the fluid that is in the soup, it may be asserted that of the two processes boiling makes the least alteration in value. But for a family of limited means, where the butcher's bill is a serious item, and where the greatest amount of nourishment has to be got out of the smallest modicum of material, stewing is by far the most economical mode of dressing meat. An Irish stew of potato, onion and neck of mutton, nicely cooked, is a capital winter dish for a family."

On the score of economy as well as healthfulness, however, the grains and fruits, as I have already stated, stand at the head of the list. Unleavened bread, where it can be got, with ripe fruit, is easily digested, is very nutritious, and requires very little labor in preparing. The following recipe may be of value to some with whom leaven bread does not agree. Use whole wheat flour; make into a stiff dough with pure water; add nothing but a little salt, roll out thin, cut into strips about the size of fingers and bake in a very quick oven. The oven must be real hot when they are put in; the heat will close the outside, and the imprisoned air will raise them. Or use iron gem pans; have them very hot; make your dough the same way, but only stiff enough to lift and drop off a spoon; fill each pan nearly full, and put at once into a very hot oven; do not scorch. This makes very sweet, nutritious, easily digested bread, and there is scarcely any loss of nutrition. The bread is light if everything is very hot, but is spoiled if this is not attended to. If baking powder is used, it is better to make one's own, which can easily be done. Get half a pound of cream of tartar, a quarter pound of baking soda and a quarter pound of corn starch or flour; mix thoroughly together by passing three or four times through a sifter. This makes a first-class baking powder, and will contain no adulterations, as most of the baking powders do, and can be made much cheaper than any of them.

While yeast-raised bread is the most popular, and likely will remain so, quite a percentage of the food material is destroyed in the act of raising; besides some of the yeast remains in the bread, and causes endless trouble to weak stomachs; this may be obviated in part by using stale bread, cutting it very thin and thoroughly toasting in the oven, but do not spread butter on it till just before eating.

There are a few articles of diet which should have their place on the table in every household all the year round, especially where there are children or students. I here append a few, with recipes: Whole Wheat Bread.—Make a batter of white flour, using a quart of warm water and a tablespoon of sugar, adding yeast; set to rise. When light enough add enough whole wheat flour to make a stiff dough, adding a little salt. Mix thoroughly with a heavy spoon or with the hands; set again to rise; do not let it stand a moment after it has risen, but mix again and put into greased baking pans; let stand a few minutes, and bake in a moderately hot oven. A moderately sized loaf should bake in half an hour. If allowed to remain in the oven a long time it will be dry. A little molasses added to the above helps to keep the bread moist. Wheatlets, or wheat grits, make an excellent food for children or brain workers. It may be made into a pudding with suet, fruit, milk and eggs in the same proportion as any other pudding, using wheatlets instead of flour, baking or steaming. It makes an excellent biscuit made in the ordinary way with milk and baking powder; roll out thin and bake quickly in a hot oven. Or made into a batter, omitting the suet, and baking, a very good light cake is the result, using sweetening to taste.

CONSTIPATION.

To prevent constipation one requires to use the right kind of food; for constipation is one of the grievous evils of modern life. Purgatives relieve but for a time only, and in the long run increase the mischief; where mercurials are used they ruin the constitution. "The liver and intestines, accustomed to be stimulated by medicinal agents, become more and more torpid, and only act at last when medicinally coerced."—Bennet. The real remedy is the constant use of whole wheat flour or oatmeal, cornmeal, ripe fruit, figs,

prunes, with plenty of exercise. The use of white flour, cheese, milk, lean meat and all concentrated food causes constipation. A person can never be really well who suffers long from constipation. The best means when the bowels will not act naturally is to inject into the bowels about half to a pint of moderately cool water; the fountain syringe is fully the best to use. Be regular, and nature will aid.

THE HAIR.

The hair might often be preserved very much better than it is by a little attention. It should not only be well brushed and kept clean, but the scalp should be kept clear of dandruff; this can be easily done by one's self. Massage the scalp thoroughly every day by using the points of the fingers, working very firmly all over the head well into the roots of the hair; no liniments need be used in doing this, only if the hair is of a very dry nature a little oil may be used. If this massaging is done thoroughly it will prevent the hair falling out, and will help to bring it in again if it has already partly fallen out; it will likewise, in a measure, prevent the hair from turning grey.

CARE OF THE EYES.

The eyesight may often be preserved to old age in good order, so that one can read ordinary type to a great old age without the aid of glasses. This may seem incredible to many, and to some look like one of the fairy stories that medicine vendors tell about their wares in order to dupe the sick and suffering ones out of their money. There is no money to be got by anyone out of this prescription, however, and if the young and middle-aged will faithfully carry out instructions they will in many cases be able to dispense with spectacles. I speak from experience. Never strain the eyes by looking too long and steadily at an object. If you are so situated that you have to do this, lift the eyes occasionally and look round for a few minutes or seconds; never, if you can help it, look steadily at a black object by poor light. Never rub the eyes with the hand; wipe them always with a soft article. Massage them at least once

every day for a few minutes. The way to do this is to use the thumb and first or second finger; place them at the outside of each eye, drawing them gently toward the nose above and below the eyeball; when doing so just shut the eyelids gently; do not use much force. When the eye is irritated, instead of rubbing with your hand, which is almost universally done, do this with your finger and thumb; this keeps the eyeball in its natural rounded condition, and so preserves the correct focus for reading. The cause of people holding the book further away from them as they grow older is because the eyeball is flattening, partly because they rub it flat with their hands. This massage also keeps the very fine muscles of the eye limber, and enables the eye to readily accommodate itself to light or darkness. Another good plan, when the eyes feel tired or irritated, is to open and shut the eyes frequently. If the eyes have a tendency to congest, bathe them frequently with cold water; to those who can stand it a good plan is to put the face in cold water and open the eyes in the water just for a few seconds. This is not a cure-all for all defects of vision, but where a person has good eyesight it may be preserved to a great old age by following these directions. When the nervous system is out of order, the eyesight, as well as the memory, will often fail, and will recover again when the general health is restored.

TO PREVENT STIFFNESS.

Many persons, when they reach middle life, complain of being stiff; that can in a great measure be prevented, where no disease exists, by exercising freely. Use constantly some form of exercise that will bring every muscle of the body into play, moving the joints freely. Be as much as you can in the open air and sunshine. Walk frequently; if you fatigue easily by walking, practise every day, walking some distance that you find you can without great fatigue, gradually increasing the distance; have your clothing so that it does not impede easy movement. Bathe in the sunshine; if too much sunshine weakens you, use less of it, but always get some sunshine.

BATHING.

A very great deal can be done by the judicious use of water to strengthen the body, and a great deal of mischief can be done by its

inproper use. Cold water, as a rule, is strengthening, and hot water weakening, and yet hot water can often be used to the greatest advantage in relieving pain, and the over use of cold may do serious mischief. Where persons can bathe the whole or part of the body in cold water and feel a comfortable glow immediately after, it has benefited them, but if the skin remains blue, and they feel cold for a length of time, it has injured them. Persons bathing in the lake, sea or river, and remaining long in the water, are very apt to injure themselves. A quick sponge over of a limb with cold water and then well rubbed dry will often allay a nervous irritation.

It would be impossible to deal in a brief work like this with the various forms of disease which people suffer from, and which are often obscure, requiring a careful personal examination by a skilful physician to determine the cause. Where no vital organs are seriously injured, however, the majority of sufferers can be restored to health by judicious treatment. I have seen many such cases restored to health. Nature is ever kindly when we comply with her laws; and the true secret of health is to have every organ of the body acting normally.

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Persons suffering from chronic diseases in any form, where there are no internal organs seriously injured, can be cured in most cases, and greatly relieved in every case, where careful natural treatment is given. References can be given to many persons thus cured after years of suffering.

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