

# DIET AND HEALTH

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## WHAT SHALL WE EAT?

If it is true, as many eminent authorities say, that health, happiness, beauty and efficiency depend upon eating more than on anything else, it is worth while to know what to eat.

Henry Ward Beecher said that a man with a poor liver can't be a good Christian. Certainly it is easier to exercise the Christian graces when one is free from biliousness.

When Bishop Fallows says that "You can make a man good or bad according to the way you feed him," he is not denying the importance of the condition of the heart, but emphasizing the importance of the state of the stomach. Daniel prepared himself and his companions for the wonderful ordeals through which they passed by dieting as well as by prayer, and the Master himself by fasting 40 days.

As we watch the amoeba, the typical unicellular organism, which closely resembles a blood cell, under the microscope, we find it changing its form, gradually, continually. It is all stomach, as it were, and it is digesting it as a single organ; and as a single organ it adapts means to ends in securing a meal, "as perfectly," says Cope, the eminent biologist, "as a statesman adapts means to ends in organizing a government."

The body, therefore, is made up of a myriad of cells, each seeking its own nutrition, its primary, fundamental function, yet possessing the power of socialistic, harmonious action, organized as lungs, liver, heart, etc., subject to the influence of the sympathetic nervous system, which binds all the bodily organs together, so that if one suffers all must suffer in sympathy; carrying on the vital processes into which the nutritional function is organized, unceasingly, while life lasts, yet ever amenable to suggestion through the sovereign, conscious will.

From these considerations of the constitution of the body it appears that we think in a sense with the entire body, although there is a special organ of thought, and that we digest with the entire body, although there are special organs of digestion—that, indeed, life is, in the last analysis, a mental-physical nutritional process—at least in its manifestation on this plane of existence.

Digestion is not a purely physical process, performed independently by a set of digestive organs. The entire organism is engaged in the process, controlled by the sub-conscious mind, subject to the influence of the conscious mind, the sovereign will. And, conversely, the influence of feeding is not confined to the special digestive organs, nor to certain effects which we denominate "physical." The influence of feeding is all-pervading. It is the mainspring of the mental-physical life. In its essence spiritual, it manifests the life through the use of material substance, food. And upon the quality of the food and the degree of expenditure of vitality in the process of nutrition, depends largely the quality of the life, mental, moral and physical. The question: "What Shall We Eat?" becomes in this light doubly important.

The essential substance of which all animal tissue is made, from the amoeba to the brain of man, is albumen. This albumen is found in the food of all animals. The white of egg is almost pure albumen; and in milk, the food of the young of all the mammalia, albumen is a large constituent. Experiments have been made to determine what foods will alone support life, determining that wheat gluten, which is almost pure albumen, supports life indefinitely longer than any other single element. Flesh, of which the lean is principally albumen, will support life indefinitely, as will milk, eggs, nuts, beans, wheat, corn, oats, dates, which contain a large percentage of albumen with other food elements. Milk has been called the perfect food because it contains, in addition to albumen, all the other elements necessary to build brain, muscle and bone; and the same is true of wheat and of some nuts and fruits. The milk of all the mammalia contains the same food elements, differing chiefly in the amount and kind of the albumen. Cow's milk is not a perfect infant's food because it contains a larger percentage of albumen than its natural food and of a somewhat different character. This important subject will be treated in a subsequent article.

Albumen is found in large percentage in all nuts, in beans, peas and entire wheat bread. Peanuts contain about 20 per cent. of albumen, with 50 per cent. fat not inferior to olive oil, and four per cent. mineral.

Recent experiments have shown that the percentage of albumen required for perfect nutrition is much less than was formerly supposed. The growing child requires probably three times as much as the mature man because it must build new tissue besides repairing waste. An insufficient supply of albumen for the child, if long continued, leads to serious results. A case was recently brought to our attention in which an infant had been fed for several weeks on fresh cream, because it was found that the stomach retained that while the entire milk was persistently rejected. At first there was an apparently satisfactory gain in flesh, but this gave place to extreme weakness and wasting. The cream was mixed with a part of the balance of the milk, gradually increasing the amount of albumen and other necessary elements of nutrition, and normal conditions soon returned. And here, surely, is food for thought.

here it may be remarked that excess of fatty tissue is an indication of disease, not of health.

The necessary albumen can be obtained from flesh because it is a necessary constituent of the flesh of all animals, including fish. But flesh contains a small percentage of waste matter of the animal's system. It has been repeatedly shown that flesh foods may communicate disease, despite the inspection; and the human alimentary canal is not as well adapted to the digestion of flesh as is the organism of the carnivora, in which the stomach and liver are relatively much larger and the intestines much shorter than in man. The well-known tests of endurance recently made at Yale university proved that non-flesh eaters had much greater sustaining power. In all the great walking contests in Germany and America the winners have been abstainers from flesh meat.

The best sources of albumen, aside from meat, are nuts, beans, eggs and whole wheat or graham bread.

But the character of the albumen is important. Albumen coagulates at a temperature of 160 F., and is then assimilated with difficulty. It is for this reason, partly, that the egg is found to be more nutritious uncooked than cooked. And it is for this reason, chiefly, that such apparently wonderful results have been obtained from the use of raw cereal foods, despite the indigestibility of raw cereal starch.

Understanding, then, that the essential element of food is albumen, in its natural state, the question arises: What is its best and most economical source? Considering economic conditions, which exclude the pecan, walnut, and other expensive nuts, the answer is: The peanut, which furnishes an abundant supply of easily assimilable albumen together with fat, which vies in nutritive value with olive oil. This, with a small amount of graham bread, gives the ideal protein and fat ration. The state of Texas alone can furnish the staple food of our people. The rapidly increasing consumption of the peanut with the corresponding rise in price should induce the planting of a still larger crop the coming season. The incoming crop is the largest ever produced in this country.

Certain minerals or earth salts are necessary to all animal life. Milk and the yolk of egg contain lime, phosphorus, sulphur, sodium, etc., and these are also found in the outer shell of wheat and other grains and in the peanut, peas, beans, nuts, potatoes, etc. The bean is especially rich in these mineral elements of food, as is the peanut, which combines in a remarkable degree the food qualities of the nut and of the legumes. The finer grades of white flour unfortunately exclude most of this important element of food, but this will be fully considered in a later article.

Not less than 80 per cent. of the solid part of our food should be that which supports combustion, maintaining heat and muscular energy. This is taken as fat or oil, starch or sugar. A certain percentage of fat is necessary for the best nutrition. If it be true, as many careful students of diet believe, that nuts and fruits are the most natural food of man, this percentage of fat should be large. Animal fats, even milk fat when separated, are assimilated with difficulty and they, particularly lard, are open to other objections. The consumption of olive oil has increased rapidly during the past few years. It is not generally known that peanut fat, as in the uncooked nut or in peanut butter in which fatty acid has not been developed by excessive dry roasting, is equal if not superior, in nutritive qualities to olive oil, being assimilated with wonderful facility, as the extreme degree of its solubility in water would indicate.

There are serious objections to cereal starch as the major element of food, which it now is in the dietary of the American people. The potato, especially if baked, is much to be preferred to fine white bread. Rice is far superior to the ordinary cereals as a source of carbon, as the example of the Japanese would indicate.

Sugars are the most easily assimilated of foods (including honey), and fruit sugar should be substituted for a large part of our cereal food, cane sugar being inferior. And the best sources of fruit sugar are the ripe banana (almost unknown in this country) figs, dates and prunes.

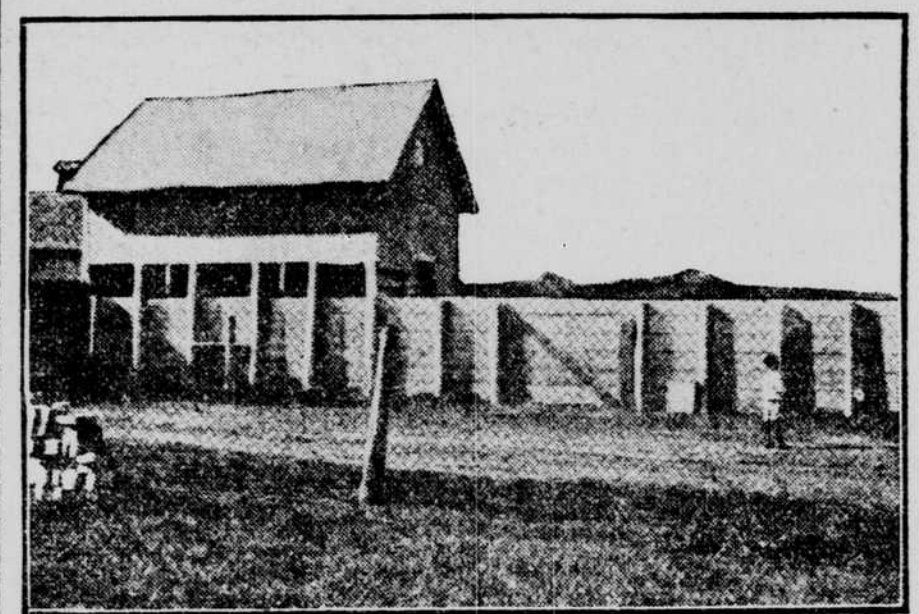
Fruits are better eaten separately from other foods. Nuts and meat digest in the stomach, chiefly, requiring about three hours there; fruits digest in about one hour, in the intestine chiefly. There is as much objection to mixing them as there is to eating and drinking at the same moment.

Now without here considering further the requirements of an ideal diet, does it not seem evident that we have already a knowledge of facts that would enable us to make a wonderful gain in good feeling and efficiency by improving the nutritive supply and saving a large part of the vital energy daily wasted in digesting and eliminating improper and unnecessary food, if not for the average person who is slow to realize the benefit to be obtained, at least for the athlete who can quickly demonstrate a gain in efficiency by right diet, for the invalid who needs to conserve his vitality and for the aged whose stock is low (but who has, alas, lost to a great degree the power of adaptation)? Hundreds of invalids who have gradually changed their diet have found new life. Many who have had only the desire for greater efficiency and immunity from disease have made the change. A well-known merchant of Aurora, Ill., for example, who has for nearly a year followed an exclusive diet of juicy fruits in the morning, peanuts with a slice of graham bread at noon and prunes only in the evening, drinking only water between meals, declares that nothing could tempt him to go back to the old way. He says, and his clerks corroborate the statement, that he is worth three times as much in his business; he can write a better advertisement, a better letter; his mind is clear, his conception brilliant, his judgment prompt, his execution sharp, decisive. He rises two hours earlier than formerly and enjoys his work as never before.

Here, surely, is food for thought.

# GOOD PEN IN WHICH TO KEEP THE BULL

Arrangement Which Oblivates Necessity of Going Into the Stall of the Animal.



The Bull Pen.

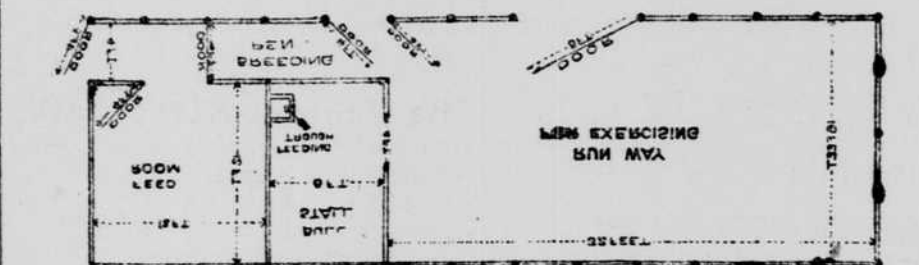
In the illustrations accompanying this article we show the elevation and ground plan of the building and yard in which the herd bull on the Hoard's Dairy farm is kept.

It does not take much explaining to indicate how the animal is handled and fed in such a place.

Everything is so arranged that it is

the same manner. The door which leads when opened and this is done by a pulley and a rope. The pulley is attached to the peak of the barn above the doorway and the rope attached to the door extends to it and to the feed room where the door may be opened or closed.

The door between the breeding pen and runway is always kept closed, ex-

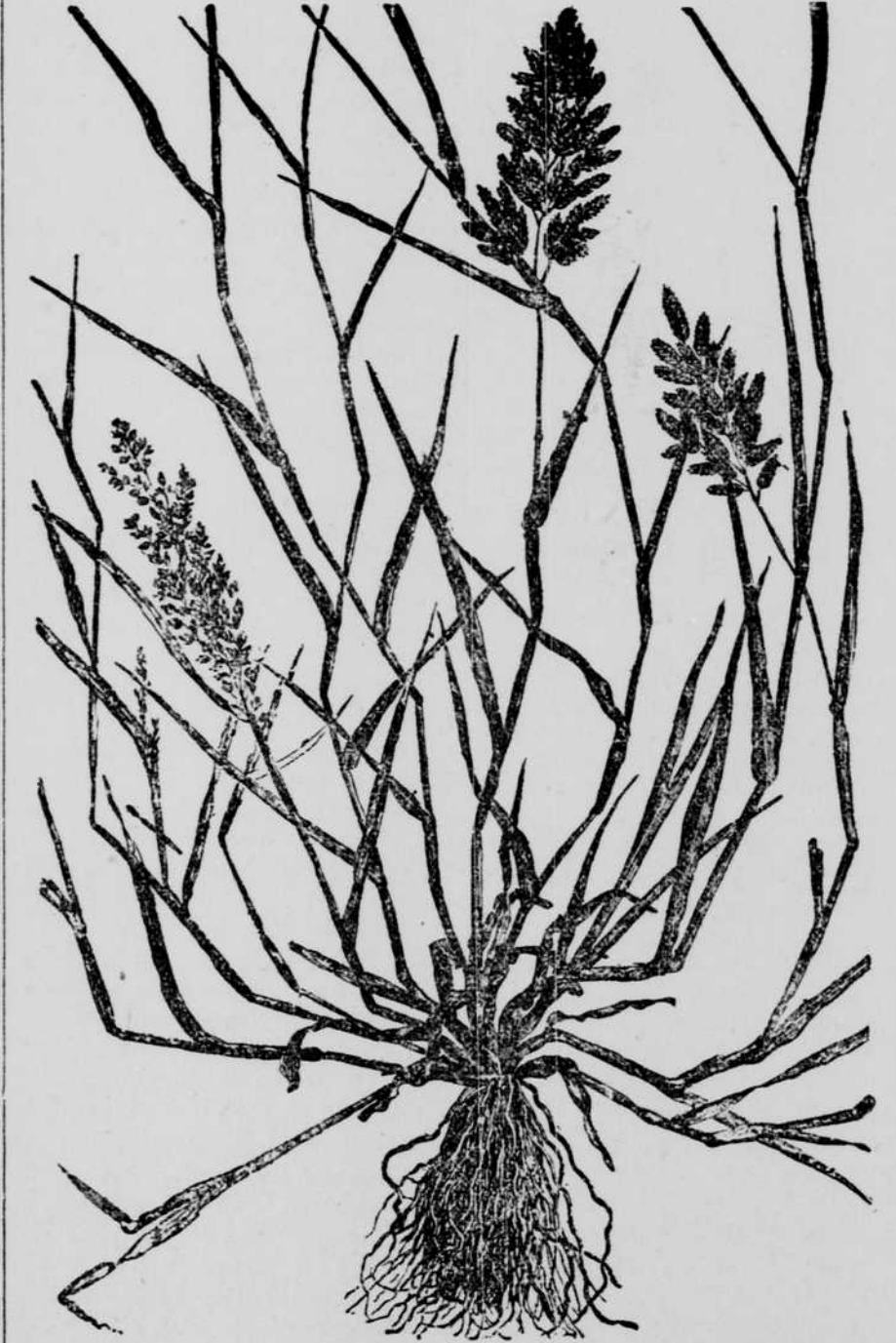


Ground Plan of the Bull Pen.

cept when it is opened to let the bull from his pen to the runway raises up the stall with the bull. From the feed room the feed is put into the feeding trough and slid through the partition into his stall. He is watered in the

same manner. The door which leads when opened and this is done by a pulley and a rope. The pulley is attached to the peak of the barn above the doorway and the rope attached to the door extends to it and to the feed room where the door may be opened or closed.

## The Quality of Stink Grass



The illustration herewith shown is of Stink Grass, scientifically known as *eragrostis multiflora*. It is sometimes called candy grass. It is a native of the old world, but has now become naturalized in many parts of the United States. The grass is coarse and weedy, and has such a disagreeable odor when fresh that animals do not relish it. On drying, the grass loses this odor and the hay is more palatable. As it is an annual, it is easily killed out, if it is not wanted. The air-dried plant carries about 13 per cent. protein, and has a nitrogen content of about 2.15.

This should make a valuable feed, but it is not largely used at the present time.

**Fresh Eggs Find Ready Sale.**—People living in the large cities only buy cold storage eggs when compelled to. They want the fresh eggs and are willing to pay for them. For this reason the raising of chickens close to any city can be made profitable. Reliable eggs, those the customer finds are always strictly fresh, command a premium in the year round and a select trade can always be built up.

## MAGNITUDE OF DAIRY INDUSTRY

The clean-milk problem is a vital one, affecting the production and consumption of 9,000,000,000 gallons in the United States per year, being an annual supply of over 100 gallons for every man, woman and child in the country. This amount affords 1.1 quarts a day for every individual, which includes the milk used in making butter and cheese. The actual amount of whole milk consumed each day averages about .65 of a pint for every individual. The value of this product for a year at retail is the startling sum of \$2,500,000,000. This is about one-fiftieth of the entire wealth of the nation, five times the wholesale value of last year's wheat crop, nearly twice the value of the corn crop, and over one-third of the entire value of farm products for 1907, which is estimated at \$7,400,000,000. The wholesale value of dairy products last year was estimated at \$800,000,000, which would allow a price of less than ten cents a gallon for milk at the

dairy. An average retail price of seven cents a quart was assumed, which is probably a little below the average price.

**Egg Production.**—In the production of eggs Iowa leads, with Ohio second, Illinois third and Missouri fourth. Eggs are the cheapest in Texas, where the price frequently drops below eight cents per dozen, and are the highest in Nevada, where the price averages 21 cents per dozen. Texas is the great state for turkeys, reporting 650,000, with Illinois second, while Kentucky leads in the number of geese (542,000) with Missouri second, and Iowa leads all her sister states with 488,000 ducks. About 6,000,000 hens' eggs are exported annually.

**Use Lime.**—Lime is very cheap—about one dollar a barrel—only a small fraction of a cent a pound. It is a splendid material for making light and sweet the atmosphere of poultry houses and all other outbuildings. It is good for the barn and stables, too. Interior whitewashing may be done in bad weather. Apply it scalding hot and it will be twice as effective.

# Two Good Models

Of all the costumes in a woman's wardrobe, the evening gown and street dress are the ones that receive the most careful attention. In the former she wishes to look her best, for it is then that she meets her friends; and the latter must be chosen wisely, for all the world that passes her in the street may read at a glance whether or not she has good taste and an educated eye for color.

The regular tailor-made coat and skirt is always a safe choice, but there is little room for individuality, while the cloth street gown offers every opportunity for original ideas.

The dress in the sketch is an excellent model for an early fall walking gown, and is just the thing to wear under a fur or heavy cloth coat in the winter. If one happens into a tea-room while downtown shopping, and slips off the heavy coat, a dress of this sort looks much more attractive than a plain shirtwaist and skirt.

The model shown is of navy blue serge, braided with black silk soutache. The sash is of black satin, faced with

a color that is beautiful, but not so pronounced that the woman herself and all her friends will tire of it after seeing it half a dozen times.

A model for an evening gown that combines all the latest features, and is at once practical and beautiful, is shown in the sketch. It is of that lovely new shade of gray satin—silver mist.

The hem of the skirt is faced with flannel, to weight it, and give the long, clinging lines. The bodice and sleeves are composed of little hand-made straps of the satin, on a foundation of net, and edged with gray silk



fringe. The long sash ends are of black chiffon velvet, finished with black tassels and lined with silver.

A cloak or wrap of some sort is in dispensable for evening wear. No matter how lovely the gown or how many hours are spent on the coiffure a woman will not appear well dressed in the evening if she wears a day coat.

Besides looking so much more distinctive, a regular evening coat has another advantage: it is cut and hung so that it will not crush the most delicate fabric worn under it. The lining is usually of a light color to protect the delicate gown.

Warmth should above all things be considered. One of the most unwise things a woman can do is to wear one of the fashionable low necked, almost sleeveless ball gowns, and over that a light-weight wrap, often cut on the Japanese kimono lines, that never were intended for warmth. These really is not the least danger in wearing the thinnest of gowns if the wrap is warm enough. It need not be padded or heavy, but made of good winter material.—Boston Herald.

**MADE UP IN VELVETEEN.**  
Costume of Cherry-Red for Girl from Four to Six Years of Age.

Velveteen in a rich cherry-red is chosen for this illustration. Irish crochet is used for the yoke, and



strips of it are taken down the front; the velveteen is then slightly gathered and set to it, the little puffed sleeve is finished by a band of Irish crochet just below the elbow.

Materials required: 4 yards velveteen, ¾ yard Irish crochet.

**Filet Net Scallop.**  
Among the prettiest of the new edge trimmings is a scalloped filet net buttoned with a colored floss. This is from a quarter inch to an inch wide, and is used at wrist, down sleeve, at edge of yoke and top of collar.

**Perfumed Clothes.**  
It is quite in accordance with the trend of fashion that women should be daintily perfumed these days. Essence is not used as much as sachet.

There are now small slips of paper made about the size of a visiting card which are sold a dozen in a box. These are perfumed with flowers and have a most delicious fragrance. One is slipped into the lining of the coat or a blouse or a hat and the effect is very good.

The fragrance is faint and agreeable. These cards put into the bureau drawer and among neckwear and handkerchiefs impart to these small articles the same subtle fragrance.

One is used as the foundation for a strip of silk or satin over which a veil is wrapped when it is taken off. Fortunately these boxes of sachet are not expensive and a woman does not have to consider it a priceless luxury to be perfumed like a flower.

**Three Colored Quills.**  
The schoolgirls are trimming their wide sailor hats with three quills in different colors. Vivid combinations are most in style.

**IF ONE WOULD GROW THIN.**  
Oranges Form One of the Best of Dietary Articles.

Oranges will lend pleasant aid to the woman who wants to grow thinner. She must take the juice of at least two at every meal and these must be sweet ones. She must also give up oil with her salad and substitute lemon juice for vinegar. She cannot have cream or sugar in her coffee and the coffee itself, saved at breakfast, must give place to sugarless and milkless weak tea. She can have all the acid fruit she wants, but if it is stewed no sugar must be added. Grapes, peaches, melons, prunes and bananas are taboos, as they are flesh producers. No cereals, no porridge, no hot bread save dry toast, no porridge in any form, no veal and no water with her meals, and just as little away from them as she can endure, mineral water being taken by preference. Dr. Weir Mitchell advocates copious draughts of skim milk for the safe reduction of flesh. He states if it be taken plentifully and at between meals it will positively cause a patient to lose half a pound of flesh a day. Baths must be taken in cold water and a hard flesh brush must be pried vigorously.—From the Housekeeper.

**Sling Sleeves on Wraps.**  
The wide sling sleeve, which takes its name from the fact that an arm in it always looks as though it were in a sling, is the one adopted for evening coats and wraps. It gives great comfort and is quite artistic.

The material is put into wide folds around a very large armhole, and the edges are finished with braid.

**Black Striped Satin.**  
There is a new material out for dictatorial gowns which has a colored satin foundation and is striped with black. It is wide enough to cut to advantage, and is very good looking.

**Wrist Watches.**  
There is quite a revival among fashionable women of wearing a tiny flat watch inclosed in a flexible bracelet. The French jewelers are making the bracelets of links of enameled gold with a tiny gold-faced watch in the center set around with enamel. Although the watches are small, they are said to keep perfect time. They are convenient indeed for women whose hours are filled with many duties and who want to be constantly aware of the time.

**For Light Hair.**  
Anything that is used to lighten the hair is apt to dry it too much. Try wetting it with a very weak henna tea, perhaps a quarter of an ounce of the leaves with a pint of boiling water, to stand till the water is cold. The leaves are strained out and rejected, the tea being put on the hair evenly, and drying on. It must then be washed off. It is not impossible that the wash might give the least reddish tinge to your hair, and in that case the tea should be made weaker. It must not be used oftener than once a month.

## SEEMED WORSE EVERY DAY.

A Dangerous Case of Kidney Complaint and How It Was Checked.

Mrs. Lucy Quebeck, Mechanic St., Hope Valley, R. I., says: "Eight years ago I contracted severe kidney trouble and my back began to ache continually. Every day it seemed worse. The least pressure on my back tortured me, and I could not stoop without a bad twinge. The kidney secretions passed irregularly with pain, and I bloated badly. My head swam and spots flitted before my eyes. One doctor said I was incurable. However, I found prompt relief when I started using Doan's Kidney Pills, and the troubles I have related gradually disappeared."

Sold by all dealers. 50c a box. Foster-Milburn Co., Buffalo, N. Y.

**Smile's Face Value.**  
Although most of us would hesitate to express what might be termed the face value of the "modern smile," we certainly realize at times that it is a form of currency which is depreciating. In the "modern smile" we recognize the crude, official thing which neither illuminates, cheers nor bridges awful gaps of silence. It may savor of suggesting a wave of imbecility to declare that we ought all to smile more, but it is certainly true that the charm of a woman's smile was once esteemed even above beauty.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

**A Clever Fellow.**  
"Did you friend make a hit at the literary club?"  
"I guess he did. He pronounced 'Les Miserables' in a brand-new way and then alluded to it as Victor Herbert's masterpiece."—Washington Herald.

**Allen's Foot-Ease, a Powder.**  
For swollen, aching feet. Gives instant relief. The original powder for the feet. 35c at all druggists.

A man may follow his natural bent and yet be perfectly straight.



This woman says that sick women should not fail to try Lydia E. Pinkham's Vegetable Compound as she did.

Mrs. A. Gregory, of 2355 Lawrence St., Denver, Col., writes to Mrs. Pinkham:  
"I was practically an invalid for six years, on account of female troubles. I underwent an operation by the doctor's advice, but in a few months I was worse than before. A friend advised Lydia E. Pinkham's Vegetable Compound and it restored me to perfect health, such as I have not enjoyed in many years. Any woman suffering as I did with backache, bearing-down pains, and periodic pains, should not fail to use Lydia E. Pinkham's Vegetable Compound."

**FACTS FOR SICK WOMEN.**  
For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has aided thousands to health. Address, Lynn, Mass.



## If You Work Outdoors

Any cold you contract should be cured without delay, and driven entirely out of the system—unless you wish to invite an attack of Pleurisy or Pneumonia.

## Dr. D. Jayne's Expectorant

is known as the most successful preparation ever discovered for Colds, Coughs, Bronchitis, Inflammation of the Lungs, Chest, Pleurisy, Asthma and diseases of similar nature. This famous remedy has been dispensed for over 75 years, and is sold by all druggists, in three size bottles, \$1.00, 50c and 25c.

Dr. D. Jayne's Tonic Vermifuge is a splendid building-up tonic for systems weakened by Coughs or Colds.