

# DIET AND HEALTH

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## SIXTY DAYS ON PEANUTS AND LEMONADE.

On October 18, 1907, I began an exclusive diet of peanuts and lemonade and subsisted on that alone for 60 days.

What did you do for? Do you still live on peanuts? How should peanuts be taken? Have you changed your mind about their food value? These are some of the questions that I am frequently asked.

Such was the novelty of my experiment, which was undertaken as a scientific demonstration, that the average person refused to consider it seriously. The newspapers treated it largely as a joke—except that many of them reported toward the end of the time that I had died—a result which many were expecting.

For several years I had been testing the relative values of foods by living for a time on one alone and recording the results. Incidentally I had reached the conclusion, for reasons which I shall give in a later article, that cereal starch is the only element of vegetable food improved by cooking and that cereal starch is unnecessary in our diet, and frequently injurious, particularly in the case of infants and children. I had found that cooking injures the most important element of food, albumen, from which the cells of brain and brown are built, and precipitates, to a large extent, the mineral elements, sulphur, phosphorus, magnesium, potassium, etc., so essential to vigorous, healthy life, so that they cannot be absorbed into the blood. I had come to believe also after much investigation that fruit should form a large part of our diet, and I had been prescribing in certain cases a diet of uncooked peanuts and gluten, uncooked, in small quantities with fruits, eaten separately, and had seen remarkable improvement in some cases.

One day it was reported in an Aurora (Ill.) paper (I lived in Aurora) that a girl had died from eating peanuts and at the same time the chairman of the local board of health attributed a case of poisoning to eating peanut candy.

To prevent an undesirable counter suggestion on the minds of those who were eating peanuts by my advice, more than to defend my own theories, I stated my view of these cases, calling attention to the great difference between cooked and uncooked peanuts, and to show the firmness of my belief in the correctness of my conclusions. I said that I would be willing to live for 60 days on uncooked peanuts and have the results carefully recorded daily by the board of health, and give my body for dissection and analysis, if I failed to survive the experiment.

I had lived for several days on peanuts, on apples, on prunes, on starch, on nothing, and I knew that by fasting for a few days, when the indications required it, I should have no difficulty in performing the feat. But my friends begged me to desist, urging that I was losing my professional dignity and many of them accused me of insanity, which I was, they said, deliberately fostering by this strange freak! I had studied on my theories of feeding till I was half gone and now I was going to finish the job!

The outcome, however, fully justified the confidence with which the experiment was undertaken. I lost 17 pounds in weight but continued my usual work throughout the entire period, and in fact did a greatly increased amount of mental labor, necessitated by the increase in my correspondence, interviews, etc., and on the evening of the sixtieth day I gave an address in the G. A. R. hall of Aurora on diet and morality, speaking for three-quarters of an hour, and followed that with a 20-minute talk to an audience at the Coliseum on the relation of diet to strenuous endurance.

Of course the peanut is not a complete diet and to keep in good condition I fasted at intervals throughout the 60 days a total of about eight days. Probably the extension of the experiment to 120 days would not have reduced my weight to the point of physical collapse. My height is 5 feet 11 1/2 inches and my weight when I began was 165 pounds.

We live by what we eat, and the character of our living depends upon the kind of food we eat and the way we eat it. "You can make a man good or bad," says Bishop Fallows, "according to the way you feed him." "The building of brain-cell and mind-stuff," says Dr. Alexander Haig, the distinguished English authority on diet, "lies at the root of all the problems of life."

The mind is the measure of the man; what a man thinks he becomes. But the mind manifests through the physical, and the character of the physical determines the character of the mental as certainly as the mental influences the physical. The body is the expression of the mind, much as a building is the expression of the thought of the architect who designed it. And you can no more build a sound, beautiful, enduring body without good food than an architect can build a beautiful temple without steel and marble.

"A crook in the mind makes a crook in the body." You cannot meet a stranger without forming some impression of what he is. You unconsciously recognize in physical form and quality of body the character of the man; and the trained physiologist, phrenologist and physiologist will undertake to read your character, pretty accurately, from its bodily expression. Now that body is material and the material is food. The Eskimo is built of blubber, the Scot of oatmeal, the Japanese of rice and beans. But the Eskimo could not become a Scot by eating oatmeal and barley meal for a thousand years. Food is only the material; the mind is the measure of the man. The Scot who has given us so much theology, metaphysics and science is the product, primarily of the mental stimulation of "Land of brown heath and shaggy wood, Land of the mountain and the foor."

So when we say that you are what you eat, we do not ignore the fundamental importance of the mind. It is still true that as a man thinks so he is—and that as a man catches so he thinks. We have heard so much lately of the influence of the mind upon the body, that it is perhaps time that the pendulum of thought should again swing to the other side, the influence of the body upon the mind, and in time we may arrive at the happy medium where truth lies, the knowledge of the inter-relation the essential unity of, body and mind, the mental-physical constitution.

Scientific authorities agree that vitality is a fixed quantity—that each individual is born with a certain store of vital force, and that when the stock is exhausted he dies. Vitality is expended in work, in restoring normal conditions when sickness occurs, in defense against disease, and in carrying on the normal functions of converting food into blood, throwing off waste and poisonous matter. There is no means of estimating the extent of any of these expenditures, but we know that the energy spent in digesting and eliminating food is considerable. We know that it is impossible to do one's best work after a heavy meal.

Now if a large per cent. of the energy ordinarily expended in digestion, including elimination, can be saved without loss of nutrition, a gain in working capacity, in good feeling, in length of life, must result. The practice of a simple diet shows remarkable gains in these respects. The severe mental work done and the mental strain sustained during the period of my one-sided peanut diet, indicates that the average person over-eats and eats too many kinds of food.

The first effect of sickness is loss of appetite. Nature then uses the vitality commonly used for digestion to repair the defect, to restore normal health conditions. Here is indicated the natural cure. We know what elements different foods contain, and what the body needs; and upon this knowledge is based a simple, radical cure of the one fundamental disease, defective nutrition of which all "diseases" are but symptoms. This is the cure which the eminent Dr. Haig has said he has been "convinced by experience and experiment has lain all the time at our doors while we have been using drugs as palliatives."

Some important facts were developed in contribution to this science of radical cure by the peanut experiment. Hundreds of letters were received during the test from people who but for an accidental discovery of the peanut diet, "would have been wearing a wooden overcoat," while others asked "how to eat peanuts to avoid their bad effects"—which suggests the important fact that all foods are, under certain circumstances, poisonous, and the more concentrated, obviously, the more violent when misused.

With a decrease in the daily food supply comes an increase in strength with loss of weight. The vitality ordinarily expended in converting food into blood and eliminating the waste, often excessive, can be used in extraordinary mental work or in cure, even of deep-seated chronic disease.

The fact that appetite is always lost immediately on the advent of sickness or mental derangement—violent fear, anger, joy, etc.—indicates that upon the regulation of diet, which implies fasting as well as dieting, must be based the true scientific cure of the one fundamental disease, mal-nutrition, understanding that the term "nutrition" in its widest sense includes normal supply of air, water, sunlight, food, exercise, and right mental conditions.

**Morocco's Ruler Kept Easy.**  
Mula Haid, the new sultan of Morocco, is a busy man. He rises with the sun, and, save for a short siesta, seems never to have any leisure time at all. He makes a point of attending personally to all state business, holds reviews of his troops frequently, receives deputations from all parts of the country, listens almost daily to translations of long extracts from the European newspapers and metes out rewards and punishments. He receives many presents. A Fez correspondent tells how the other day gifts in the shape of sacks of gold, bales of silk, spices and jewelry poured in through the palace gates and the sultan received the value of something like \$125,000 in the course of this one morning's reception. Among the offerings was a splendid ruby ring, which seemed to take the royal fancy, for he forthwith put it on his finger and wore it during the remainder of the day.

**Oregon Mushroom Breaks Record.**  
W. B. Steele, who lives at East Forty-first and Ivon streets, near the end of the Richmond car line, brought to the Oregonian recently a mushroom which he declares holds the record for size in this particular variety of fungi. It is 14 inches tall and the cap is a trifle over 9 inches in diameter and 28 inches in circumference. Instead of one night, it required four and an equal number of days for this mushroom to develop. It grew in the garden of the Steele home. Mrs. Steele says he calls it Taft because it is so big and strong and so much superior to all—Portland Oregonian.

**Every Man a Debtor to His Profession.**  
I hold every man a debtor to his profession; from the which as men of course do seek to receive countenance and profit, so ought they of duty to endeavor themselves, by way of amends, to be a help and ornament thereto.—Bacon

# Smart Bodices



No. 1 is a simple evening bodice in spotted silk voile; it has a mauve ground with a white spot; piece lace, edged with mauve silk, is used for the collar; a strip of the lace is taken

**ONE COLOR FROM NECK TO TOE.**  
Fashion for the Indoor as Well as the Street Gown.

As each week passes, it is seen that women are going in heavily for the one-color line from the collar to the floor. The waist and skirt, if in two pieces, must match. The gown must preferably be from one piece from the collar bone down.

Even above the collar bone the same color of lace or net is often used instead of white. Indoor frocks as well as street costumes are clinging to this one-color effect. The hats do not match the gown, and shoes and gloves need not match it, but if you would be in fashion, see to it that in every hour of the day you are in one color from chin to toe.

It is the one-piece gown that has made this fashion compulsory. The separate coat and skirt is not as popular as it has been, for it has given way to the three-piece suit. The skirt carries its own blouse, and the coat is added thereto.

**DIOXYGEN BEST MOUTH WASH.**  
Preparation Will Keep Teeth and Gums in Perfect Condition.

The merits of dioxygen as a mouth wash are not as well realized as they should be. It is easy to get and not expensive. A stoppered glass bottle of it should be on every washstand.

After eating, if one hasn't time to brush the teeth, the mouth should be rinsed out with diluted dioxygen. It is a strong antiseptic, keeps the teeth from decaying, and protects the top of the mouth and gums from soreness, or from creating and emanating a disagreeable odor.

The toothbrush should always be dipped in a little of it and brushed over the teeth and gums at morning and night, even after tooth paste is used.

The latter merely cleans the teeth. It does not disinfect the mouth. People do not pay enough attention to the inside of their mouths, even though they may be scrupulous about their teeth.

**The Luncheon Apron.**  
The luncheon apron of white lawn is quite short with a 12-inch flounce, trimmed with a hemstitched border. The wide bib comes over the shoulder in a Gibson plait effect and is made with a white collar, much on the order of a waitress' apron. A narrow fold down the center of the bib is edged with a narrow ruffle of the material, with a narrow hem, trimmed with extremely narrow lace.

**The Upright Sailor.**  
While the mushroom hat prevails in all fabrics and on all kinds of heads, for the woman who cannot wear one has rebelled.

There are many faces that look their worst under a hat with a scoop brim that turns down all around. For her there is the new fashion of the upright sailor. Its rim is wide, of regular shape, but instead of tilting down it tilts up. It is very becoming and shows the new coiffure to better advantage than the mushroom hat.

**Give Short-Waisted Look.**  
The wide armhole appears on many bodices of the Japanese order, with high draped capes, sashed at one side. These deep belts give a short-waisted look to skirts that are not pinched in effect, for all skirts must conform to the short-waisted aspect that is now essential.

**Punctured Cloth a Trimming.**  
There is a broadcloth trimming now in use which is covered with a design in holes. These are made with a stiff, it is called punctured cloth, and it is used for revers, waistcoats and panels on skirts and coats.

down the front; the material is arranged in small folds, beginning at the lace in front, and continuing down the sleeve to the elbow, which is finished off with a band of lace and silk; a bow of silk is worn on the collar.

**Materials required:** 2 1/2 yards voile 42 inches wide, one yard piece lace, one-half yard silk.

No. 2—The bodice part of this is in coarse cream spotted flannel net; the band is of old rose lace, finished off at the waist with a rosette; the flat tucker is of four-inch lace, and has two silk bows in front; the deep armholes are trimmed round with silk bows. The lace is worn over an old rose lace slip; pink chine silk is used for the sleeves, which are finished at the elbow with lace bands, edged and trimmed with silk.

**Materials required:** 1 1/4 yard net 42 inches wide, 1 1/2 yard silk, one-quarter yard piece lace.

No. 3—Royal blue chiffon velvet to match skirt is used for the over-bodice; a strip of Oriental embroidery forms a collar, and is taken over the shoulders; a piece is also laid on in the center of front; silk tassels to match give a pretty finish; embroidery also edges the over-sleeves. White lace, spotted with blue, is used for the underslip.

**Materials required:** Three yards velvet, six tassels, one yard wide embroidery, three yards piece silk.

No. 4—This is a very pretty style; soft green silk, spotted with darker green, is chosen for it; insertion is taken from waist, back and front over the shoulders, also across back and front; the epaulette, which is laid under the outer edge of insertion, is faced down the center with dark green velvet ribbons, so also is the center of front, part of the way. The little sleeve is tucked, and has a band of insertion at the elbow.

**Materials required:** Five yards silk 22 inches wide, four yards ribbon, 3/4 yards insertion.

No. 5 is quite simple; it has the sleeve cut in one with the bodice part; it is made up in figured silk muslin in soft shades of pink; insertion edges the pretty shaped opening, and is taken down the outside of sleeve and round the elbow; four small tucks are made on either side of the front, with a deep pink velvet bow in the center.

**Materials required:** Three yards 27 inches wide, three yards insertion.

**EVENING COAT OF SOFT CLOTH.**  
In White, Lined Throughout with Pale Green Brocade.

For a coat of this description soft cloth is the best material. It is cut all in one, with the sleeves reaching to the wrist in front, and shaped to a point and reaching to the hem at the back. It is in white cloth, lined



through with pale green brocade. A green galloon to match the lining edges the neck, down the front, and round the sleeves of coat. A velvet strap of a darker green is sewn in at the neck, and cord ornaments and cord of the same color add a trimming to each side of front.

**Materials required:** Five yards 48-inch wide cloth, six yards galloon, eight yards brocade, one-eighth yard velvet, six cord ornaments, one yard cord.

**Blouse of Aluminum Silk.**  
Aluminum silk has been used rather sparingly hitherto in the shape of girdles and sashes. Now it has come out in blouse form and the result is decidedly attractive. One blouse of this silk is made on tailored shirt line with broad flat plaits and is relieved at the throat by a fold of purple velvet beneath a frill of maine lace. It is more elaborate style this silk is admirable for wear with a suit of gray Ottoman silk or a coat of gray fur.

**Making the Hair Wave.**  
A simple but most effective way of making the hair wave in the big ripples which continue to be fashionable is to dampen it and tie it down with bands of baby ribbon. Of course absolutely straight hair will not yield to this treatment, but hair with the slightest tendency to curl will respond beautifully.

After the hair is done up dampen it with hot water, pinch it a little and then draw it close down to the head with bands of baby ribbon put on in separate pieces about an inch apart and pinned very tight to the head. Leave on for an hour, remove carefully, then comb the hair gently until it fluffs out in charming waves of beautiful regularity.

**Buttonholes on Thin Material.**  
A clever woman has found that when she makes buttonholes in soft muslins it is a very good idea to rub a little paste, made of flour and water, on the wrong side. This will give a firm surface to work upon and obviates the possibility of cutting a buttonhole too large. Of course, the paste will not discolor the fabric.

# POINTS CONCERNING THE USE OF STARTERS

Practical Suggestions Which Will Prove Helpful to Butter and Cheese Makers—By L. D. Bushnell, Michigan.

A growth of micro-organisms in a suitable food substance as milk, whey, or beef tea, is called a culture. If only one species of micro-organism be present the growth is called a mixed culture; but if two or more be present the growth is called a mixed culture. For us to be thoroughly familiar with a starter we must understand a culture, because a starter as used in dairy operations is generally a culture containing one species of micro-organisms. In some few instances where two or more micro-organisms are found that harmonize in their modes of growth, a mixed culture is used, thereby perhaps bringing about better results than when developed

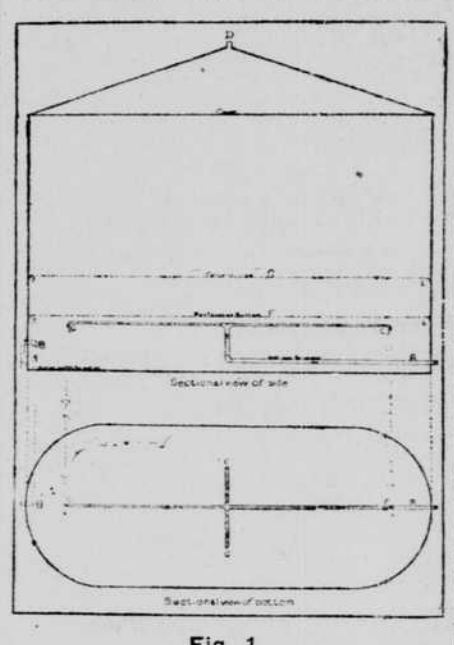


Fig. 1.

separately. The starter is used to overcome obnoxious micro-organisms and add to the finished product the desired flavor, aroma, keeping quality and perhaps other essential properties. Starters are of two general classes, viz., natural and commercial.

Under the head of natural starters are placed all those originating at home, usually by selecting and setting aside until lopped a quantity of carefully drawn milk. Buttermilk, whole milk, sour cream, and whey are sometimes used in this capacity. A starter produced in this way may contain several species of micro-organisms. Thus it is not difficult to understand why a starter produced by natural souring may develop taint or become gassy.

The commercial starter is generally developed from a single micro-organism and is built up as a pure culture or a known mixed culture. This class includes those starters originated and offered for sale in solid or liquid form by various commercial firms. Though the different brands differ more or less as to activity at a given temperature as well as in the flavor imparted to butter or cheese, yet from the very fact that these are pure cultures, uniform growth and acid production may be expected. This being the case, a commercial starter is kept free from contaminations and, developed under the same conditions, may be used for an indefinite time and produce an unvarying product.

As sterilization is to replace pasteurization in this process, a steam sterilizer is a necessary piece of apparatus and Fig. 1 has been inserted mainly to show the parts of a serviceable sterilizer. A common copper wash boiler may be fitted up for sterilizing purposes in much the same way, or a box constructed of wood or of galvanized iron may be used.

A more detailed explanation may prevent errors on the part of those who set up sterilizers in their places. The inlet, A, should be placed near the bottom and of the proper size to fit a steam jet. The siphon tube, B, for the removal of condensed water, always has its inner end covered, thus preventing loss of steam. The highest point of the outlet should be lower than the opening C, so that

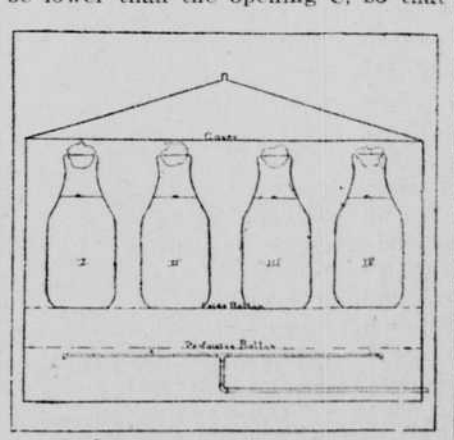


Fig. 2.

steam upon entering will not have to pass through water. For the supports E, some light material should be used, as heavy metal or solid bodies condense large quantities of steam; the perforated bottom, F, should have numerous openings to permit the free upward movement of steam; G, should be of wire netting. This causes a more uniform distribution of steam, thereby preventing many breakages.

As all factories are not supplied with apparatus for the production of steam, a substitute may be made on the plan of an ordinary steam cooker with an inch or two of water in the bottom. When this plan is used sterilization begins when the steam starts to issue from the openings. A thermometer placed in the opening, D, should register 210° F.

In Fig. 2 the four jars, 1 to 4, are filled with milk to the line, m, and the mouth of each filled with a dry firm cotton plug. The plugs should, under all conditions, be kept dry. Trouble may be anticipated in attempting to sterilize these thick glass jars; but if a few precautions are taken there need be but few breakages. A shield (P, in Fig. 1), placed so as to prevent hot water and steam from striking the glass jars, and a wire gauge or window screen for them to stand upon, insures almost any glass jar against destruction by unequal heating.

The exact period of time to heat cannot be given, for much depends

upon the steam pressure or upon the vigor with which the water is boiled. Tests may be made with a thermometer to determine this point. It kept at 210° F. for 20 or 40 minutes at each period for four consecutive days, sterilization will be effected in case of small quantities of milk. This, however, depends upon the amount of milk in each bottle.

A test for jars of milk supposed to be sterile may be made by placing them in a warm room, for a few days. If no visible change takes place we are practically assured in saying that the milk is sterile.

The culture of lactic organisms may be introduced as directions on the package indicate, but using every precaution to prevent any of the material from coming in contact with the hands, neck of the jar, or other objects. If these precautions are not exercised the benefit to be gained from the use of sterile milk will not materialize. Under no condition should the cotton plug of a jar be removed after the first heating, except when about to introduce the starter, and then not longer than four or five seconds.

There are several factors which influence the time required for lopping, viz., temperature, activity of starter, and quantity introduced. In order to have a culture at the proper stage when needed the temperature may be changed or the amount of the inoculating culture raised to meet the requirements. Nothing but experience will determine these points.

The starter, to be successful, must be transferred daily and some inexpensive transferer must be devised to meet all requirements. The operator, in order to make successful transfers, must have something that will convey the proper amount, be easy of sterilization, have relative freedom from contamination, and convenience in handling. A vial with a wire handle, a piece of cloth wound loosely about a wire handle, or a small amount of cotton wound firmly about a wire, are some transferring tools



Fig. 3.

easily made, and fully meeting all requirements. Of these transferers, the latter seems best fitted for all practical purposes. It is easily constructed by taking a wire which has been made rough on one end and some loose cotton batting. The cotton is wound firmly around the wire by holding between the thumb and first and second fingers.

The transferer should be placed in the milk before sterilization begins and should never be removed until ready for the transfer.

After inoculation and lopping, a safe transfer may be made by removing the plugs of both bottles and lifting this transferer very carefully from the lopped milk and placing it in the sterile milk, care being taken not to allow the swab to come in contact with anything during the operation. The plugs should not be transferred from one bottle to another, but should be removed as shown in Fig. 3.

**Testing Eggs in Water.**—A pail of any kind of water affords a convenient medium for testing eggs. A real fresh egg will sink; one that is not so fresh will topple around, apparently standing on its end; one that is spoiled looks dull and porous, while that of an old egg appears thin and shiny. When shaken, a stale egg will rattle in the shell.

**A Famous Grapevine.**—The famous grapevine at Hampton Court, near London, England, has a crop of about 300 pounds this year. This vine, which is under glass, was planted in 1768. It has attained a girth of four feet six inches one foot from the ground, and covers a roof space of 2,200 square feet.

**Keep Livestock.**—The results obtained from commercial fertilizers generally justify the results, but the best balanced farm has a sufficient amount of live stock to consume most of the product of the farm which is converted into fertilizer.

**Clean Nest Boxes.**—In cleaning out the chicken's quarters do not forget nest-boxes. Nesting material soon breeds vermin and disease and soon becomes a hotbed for all kinds of poultry disorders.

**Wintering the Stock.**—See that all stock goes into winter quarters in good condition, and likewise be sure you have sufficient feed to carry them through the winter.

**Feed Little Salt to Poultry.**—Fed in large quantities salt is poisonous to fowls, but when fed in moderate quantity at the rate of one ounce to every 100 fowls, is beneficial.

**Poor Method.**—The stockman who goes on the idea that handling animals with a club is the right way may some day find that "knocking" does not pay.

# PROVED BY TIME.

No Fear of Any Further Trouble.

David Price, Corydon, Ia., says: "I was in the last stage of kidney trouble—lame, weak, run down to a mere skeleton. My back was so bad I could hardly walk and the kidney secretions much disordered. A week after I began using Doan's Kidney Pills I could walk without a cane, and as I continued my health gradually returned. I was so grateful I made a public statement of my case, and now seven years have passed, I am still perfectly well." Sold by all dealers. 50c a box. Foster-Milburn Co., Buffalo, N. Y.

## WHAT WOULD HE HAVE SAID?



"Get up, Jack. You mustn't cry like a baby! You're quite a man now. You know if I fell down I shouldn't cry, I should merely say—"

"Yes, I know, pa; but then—I go to Sunday school—and you don't."

**TORTURED SIX MONTHS**  
By Terrible Itching Eczema—Baby's Suffering Was Terrible—Soon Entirely Cured by Cuticura.

"Eczema appeared on my son's face. We went to a doctor who treated him for three months. Then he was so bad that his face and head were nothing but one sore and his ears looked as if they were going to fall off, so we tried another doctor for four months, the baby never getting any better. His hand and legs had big sores on them and the poor little fellow suffered so terribly that he could not sleep. After he had suffered six months we tried a set of the Cuticura Remedies and the first treatment let him sleep and rest well; in one week the sores were gone and in two months he had a clear face. Now he is two years and has never had eczema again. Mrs. Louis Leek, R. F. D. 3, San Antonio, Tex., Apr. 15, 1907."

## THE TIE THAT BINDS (SOME).

Affecting Reconciliation Between Two Really Loving Hearts.

There is a certain couple who decided to separate awhile ago. It seemed that they were not affinities, after all, and life together was unendurable, so the wife packed up her belongings and was preparing for a trip home. At the time of parting she picked up their little pet dog and tucked him under her arm, while her other managed the suit case.

"Why, you're not going to take Trixy?" exclaimed the husband.

"Of course I am," she announced. "I couldn't live without him."

"Well, I can't let the little fellow go," he insisted.

"And I simply won't leave him," she declared.

So they argued for half an hour, at the end of which she decided to stay, and unpacked to cook dinner, at which Trixy was the guest of honor.

**Why He Remembered.**  
By some shuffling of the social cards the clergyman and the dog fancier were at the same afternoon tea. The wandering talk unexpectedly resolved itself into the question. Who were the 12 sons of Jacob? Even the cleric with the reversed collar had forgotten, but the doggy man reeled off the names without error, from Reuben down to Benjamin.

The clergyman looked surprised.

"Oh, I'm not great shakes on Scripture," said the man with the fox terriers, "but those are the names which some chap gave to a dozen puppies I'm willing to sell."

**Kicks.**  
Harry Payne Whitney the day his own and other noted horsemen's racers were shipped from London on the Minnehaha, said of the death of racing in New York:

"A good many jockeys have been hard hit. A jockey told me last week a very sad tale of misfortune. I listened sympathetically."

"Ah, Joe," said I, "when a man is down, few hands are extended to him."

"The jockey as he chewed a straw, smiled bitterly."

"Few hands—yes—that's right," he said, "but think of the feet."

## CAUSE AND EFFECT

Good Digestion Follows Right Food.

Indigestion and the attendant discomforts of mind and body are certain to follow continued use of improper food.

Those who are still young and robust are likely to overlook the fact that, as drooping water will wear a stone away at last, so will the use of heavy, greasy, rich food, finally cause loss of appetite and indigestion.

Fortunately many are thoughtful enough to study themselves and note the principle of Cause and Effect in their daily food. A N. Y. young woman writes her experience thus: "Sometime ago I had a lot of trouble from indigestion, caused by too rich food. I got so I was unable to digest scarcely anything, and medicines seemed useless. "A friend advised me to try Grape-Nuts food, praising it highly, and as a last resort I tried it. I am thankful to say that Grape-Nuts not only relieved me of my trouble, but built me up and strengthened my digestive organs so that I can now eat anything I desire. But I stick to Grape-Nuts."

"There's a Reason."  
Name given by Postum Co., Battle Creek, Mich. Read "The Road to Well-being," in pkgs.  
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.