

DIET AND HEALTH

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EATING FOR YOUTH AND BEAUTY

Beauty is more than skin deep; it is in the blood—quality of flesh and muscle and bone, and deeper than these, in the thought that builds the body from material food. "The question of beauty," says Emerson, "takes us out of surfaces, to thinking of the foundations of things."

Whatever may be the true standard of beauty, it is not superficial polish. The reality of beauty is its soul, whose outward expression we see in the body.

My body is not I, but the expression of me. I am my mind. My body is mine; and as I build my body according to the model in my mind, I can build a different body by changing the model and the material. The Greeks understood this fully. Their heroes were their models of valor, their heroines, of grace; and one word defines their habit in eating, Spartan simplicity.

There is no limit to the change you can make in your body, except the limit to the change you can make in your thought, and your change of the building material, food. We change little, because thinking and eating are fundamental race habits, always slow to change.

A young man of 20, employed as night foreman in a bakery for several years, went to an Illinois college to study for the Christian ministry. Three years afterward I met him and distinctly observed a marked change in his features as a result of the changed ideals that had been dominating his mind during that period and of a change in his diet.

It is well known that the most important period of development is the pre-natal period, that an infant is extremely plastic, but that it becomes more difficult to mold or to remodel it as it grows older. Yet, even after maturity, change takes place as the predominating thoughts, and the food, are varied. Feeding in the pre-natal period is important; food largely makes the difference between the Jap and the Eskimo, between the Arab date eater and the German bread eater, and largely because food influences thought.

The food experimenter who has systematically varied his food for considerable periods can bear witness to the fact that not only does he feel different when living on different foods, but his habit of thought changes.

A curious relation subsists between food and thought. It is literally true that food influences thought. The difference between the tiger and the horse is, very largely, the difference in their food. Yet you could not make a Jap of an Eskimo by feeding him on rice and beans. The gorilla, a strict vegetarian, is no less fierce when attacked than the tiger that lives on blood. The dog is but a wolf that has learned to think man's thoughts, to a degree, as the nobleman has learned to think God's thoughts.

It is said that a man is as old as his arteries, and this is literally true. It is a physiological fact that some are as old at 30 as others at 60, as the condition of the arteries distinctly indicates.

The question may naturally be raised here, What is old age? We do not hesitate to say that a certain person is old when we see that his frame is stiff, his skin dry and hard, the rosette hue gone from his cheek, and the sparkle from his eye. Now what causes this condition and how can it be delayed, if not overcome?

The hardening of the frame, of all the tissues, including the arteries, is due to the deposit in the tissues of mineral matter taken in the food and drink, absorbed into the blood and gradually deposited, much as earthy matter is deposited in a tea-kettle or slime and earth in city water pipes. This mineral matter, chiefly phosphate and carbonate of lime, destroys the elasticity of the arteries and gradually hardens the tissues, including the brain.

Now there are two chief sources from which this earthy matter is introduced into the blood, bread, especially fine white bread, and hard drinking water. The percentage of lime in bread is large, and white bread is especially liable to form concretions of lime in the lower intestine (often inducing appendicitis), which are absorbed into the blood and deposited in the tissues, gradually producing that dry and hardened condition of the skin which is a distinguishing mark of old age.

The activity of the brain is determined largely by its blood supply, and when the arteries that supply it are hardened by the deposit of mineral matter it must become sluggish. Loss of memory of recent events is an invariable accompaniment of age: the old live in the past. To live in the future requires the vivid imagination of youth with its plastic brain.

Wonder is often expressed that the farmer, who lives largely in the open air, and has fresh fruits, vegetables and milk at his door, does not live as

long as the professional man, who is much confined in close rooms and has little exercise, and that the common laborer is shorter lived than the idle rich, who are, as a rule, much given to dissipation.

Aside from the waste of vitality which the laborer, farmer and the athlete (who is usually short lived) are required to make in their daily work, due to extraordinary physical exertion, these eat more bread to supply the waste of carbon due to muscular work (which would be better supplied by fruit sugar and vegetable fat, as already expressed), and drink more water, because they perspire more, thus leaving a greater deposit of ashes in the arteries and other tissues. The merchant or professional man who takes moderate exercise by walking about five miles daily will live longer than the average farmer who has many advantages otherwise.

A beautiful complexion is an essential element of beauty. The ideal is that of childhood, the bloom of youth upon the cheek. There is no substitute for the beauty of health.

Sallow skin, pimples and blotches of all kinds are produced by failure of liver, kidneys, lungs and skin to eliminate naturally the waste products of digestion, whose retention is favored by constipation. The tissues of the body, including the skin, become hardened as age advances, partly by the weakening of these eliminating organs, often prematurely. The skin and the muscles underlying it become hard and wrinkled by the weakening of the normal metabolism, by which worn-out cells are carried away and new replaced. As the kidneys and liver decline in power (or rather as the vitality that actuates them declines, with advancing years) there is a gradual deposit in the arteries and in the tissues generally of mineral matter from the food and water.

These conditions are to be avoided by avoiding constipation, so-called rich foods, such as pie and cake, animal fats, starch and meats, particularly pork, by eating few articles of food at a meal, by eating freely of acid fruits, especially apples, lemons, oranges and grapes and by the daily use of olive oil or peanut oil, and by the free use of water, including the "inter-bath" occasionally. Proper exercise daily in the open air will also serve to preserve a ruddy complexion and soft skin.

Distilled water will dissolve mineral matter from the tissues, and it should be used by everyone past middle life. The objections to the use of distilled water raised by persons interested in mineral waters are, I think, not well taken. It is unreasonable to suppose that pure water, as we have it in milk and in fruits, could be injurious. One who drinks little water will always improve by drinking large quantities of any mineral water, especially when accompanied by change of surroundings, better food and, more than all, the effect of suggestion that the water will effect a cure. And by this I do not mean that mineral waters may not be in certain cases beneficial, as drugs may, at times, be means of cure.

The water in juicy fruits and milk serves the same purpose as distilled water. About two quarts of water should be taken daily, when the weather is moderately warm and proper exercise is taken.

Mrs. Lillie Langtry, asked for her "secret" of beauty, said: "The fact that I believe in the power of mind over matter does not blind me to the fact that the foundation of the whole secret of beauty is good health. A sick woman cannot be beautiful. Work, sunshine, exercise, nourishing food, fresh air and cheerfulness are my recipe for beauty."

I accept this prescription from an eminent practitioner as complete and correct in every particular. Some useful work is, as Mrs. Langtry says, a necessity to keep the mind and body normally active; sunshine benefits both body and mind; fresh air purifies the blood and gives the skin the only natural pink of health; exercise increases the breathing, accelerates the circulation, and therefore purifies the blood, assists in breaking down tissue that would otherwise clog the system and furnishes the opportunity for the building of new tissue from the food supply; cheerfulness and hope are essential in the right mental influence; they are the states opposed to worry and discontent which make furrows and cloudy visage; and, lastly, "nourishing food" that harmonizes the vital forces and that does not congest the eliminating organs or waste vital force extravagantly—this is the whole art of beauty and youth.

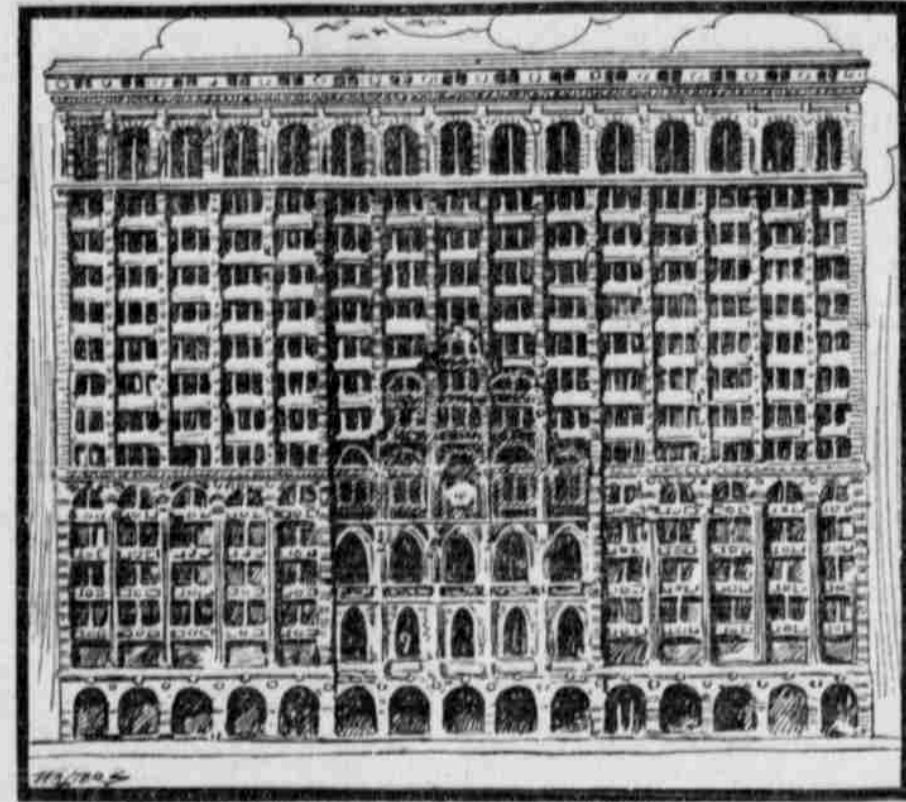
The food should be plain, avoiding waste of vitality in digestion and elimination; vivacity is inconsistent with working overtime in digestion. White bread, pie, pickles, cakes, tea, coffee, pork and all stimulants should be avoided. Coarse wheat, rye and corn bread and nuts, olives and figs should form the staple of the diet. Fruit sugar should be substituted for starch, the least objectionable sources of which are rice and baked potatoes.

Prunes with olive oil or peanut oil have a very important use in preserving the complexion, by preventing constipation with its attendant auto-intoxication and bilious headache that often leads to nervous breakdown.

The breakfast should be light. As has been suggested in a preceding article, buttermilk is most helpful as an antidote to sallow skin and pimples. A glass may be taken on retiring.

Body and mind are so intimately related that they must always be treated together, but the mind is the controlling factor. The true secret of youth and beauty is best expressed by Shakespeare, the master painter of beautiful women, speaking of Cleopatra: "Age cannot lessen nor custom stale her infinite variety."

HOW PITTSBURG WILL OUTWIT WILLIAM PENN



THE FOURTEEN STORY CHURCH

Pittsburg is to have the latest thing in architecture, namely, a skyscraper and church, the latest of all ideas in building construction. But there is a method in Pittsburg's "madness," for having been blocked for many years by the clause placed in his land grant by William Penn, setting forth that the property must always be used for "church purposes," the congregation of the First German Evangelical Protestant church has evolved the above scheme. It has been decided, therefore, that a building which shall combine church and office building, and will serve for worship and at the same time put revenue into the coffers of the congregation.

The auditorium and dome of the church are to be buried inside 14 stories of business offices and stores, only the gothic arches, the wide doors, and the chimneys showing on the side of the building. All about the church and above it will be piled a mass of offices architecturally distinctive, as the business part of the building is to be of renaissance architecture and the church gothic.

It is the purpose of the congregation to make its valuable property at Sixth and Smithfield streets yield a profitable return and at the same time retain the property for church purposes. It was specified in the deed given by William Penn that the land should be so used. It could therefore not be sold except to another church, which would hardly be a profitable sale. At the same time it seemed necessary that the church should get more return from its land which is centrally located and which has been often sought after by big department stores. A church was built on the site 125 years ago, torn down and replaced by another, then another, then by the present structure, which was erected in 1877. Sentimental reasons, therefore, further persuaded the congregation that they did not want to leave the site.

To overcome the difficulty, Eugene C. F. Ernst, an architect and a member of various church committees, drew his plans for the unique building and laid them before the people. He said the cost would be about \$1,500,000, but that a corporation could easily be formed to furnish the funds and that it would prove a paying investment.

There was surprisingly little opposition from the conservatives, and it seems to be generally understood that the plan will go through. It is planned for the structure to face on Smithfield street 240 feet, extending back to Strawberry alley. It will be in three 80-foot sections, the two outside for commercial purposes and the central one for the church, up to the height of that edifice, and then more office floors above to the top story. A great clock, with a 10-foot face, will be placed at the sixth story, and above this a set of chimneys in a specially constructed bell chamber.

On the fourteenth floor is to be a great assembly hall, 240x110 feet, with a pilaster facade built round a light well. On special occasions the light well could be closed at the floor and ceiling lines by mechanical rolling devices, the windows surrounding the light court being thus transferred into an open pilaster balcony. The effect would be one large auditorium with an open inner court.

The basement will be for commercial purposes, and a sub-basement will hold the power plant. An arcade extending from Sixth avenue to Smithfield street will admit to the office and store sections. The entrances will lead into the commercial part of the building as well as into the church. On the floor level with the street are to be the Sunday school rooms, with two wings covered by skylights. The auditorium for the school is to be 80 feet wide, and two large balconies each provided with 290 chairs, will be erected above the room.

The main floor of the church will have 860 seats, which, together with the gallery, would give a total seating capacity of 1,150. The floor will have a grade of eight feet toward the altar. Sixty-two feet above will be the big

dome, while the balconies and ceilings will be supported by columns.

From the street to the gable sheer will be a distance of 128 feet, and at the top is to be a German eagle, perched, holding in his talons the American and German flags. This is to be the symbol of the history of the congregation, which is made up almost entirely of men and women born of German parents.

Abundant capital has been assured to carry out these plans, and in addition many offers have already been made for office rooms. A large department store has offered to lease all of one section of the building. The building promises to present an impressive appearance, in addition to the advantage of being in the center of the city. On Sixth avenue, just east from the church property, are the Nixon theater, the building known as Pittsburg's "Safety Palace," in which are the police headquarters and the Philadelphia Company's building. Street cars diverging to more than 25 sections of the city and surrounding country pass by the property.

FINALLY GOT AN ANSWER.

Natural Results of Unfortunate Persistence of Sister Dash.

One of the saintly characters mentioned in Rev. Dr. Richard McIlwaine's recent book, "Three Score Years and Ten," is a venerable Methodist minister, Rev. Jesse Powers, whose mind, Dr. McIlwaine says, was always intent on doing something to bless and help somebody. He was a man of exact veracity, also, but his somewhat merciless candor was agreeably tempered by humor.

The old preacher once spent the night at the house of a prominent Methodist not far from Amelia courthouse, Virginia, where he had often been welcomed before. The next morning at breakfast it developed that the bread was sour, perhaps not enough to be remarked upon, but still sour. He was engaged in eating it, when the worthy lady at the head of the table called attention to the disagreeable fact.

Brother Powers said nothing, but continued to satisfy his hunger with what was "set before him, asking no questions," and accepting no suggestions. His hostess, however, not to be thwarted in her efforts to wring from her guest the admission that the bread was not very bad, repeated the remark.

This also failed to elicit the longed-for response. Brother Powers kept his eyes on his plate, and went ahead eating more lustily than ever, in a quinary, doubtless, not knowing what to say, and resolved he would not tell a lie.

But the good woman, not satisfied, and with a fatality that sometimes overtakes the warlike of the sex, was so left to herself as to apologize for the third time.

This, Dr. McIlwaine says, "was too much for the old saint." Turning his benevolent face toward the head of the table, he said, gently:

"Sister Dash, if I were you, I'd stop talking about this bread. It is mean enough, anyway."—Youth's Companion.

The Toad Survived.

An experiment bordering close to the wonderful, was recently made in the clay testing department of a machinery company at Bucyrus, O., in which a toad was placed in a 20-ton brick press and was four times subjected to a pressure of 11,000 pounds without injury.

The question at issue was whether such a pressure would kill the toad or whether its ability to compress itself was sufficient to allow it to come lifted from the machine and the toad was first placed in a lump of granular clay and the whole pressed into a brick. After the huge press had done its work the solid brick was lifted from the machine and the toad winked its eyes contentedly, stretched its legs and hopped away.—Popular Magazine.

GRADES OF SHEEP AS KNOWN ON THE MARKET

Information for the Farmer Who Would Market His Sheep Intelligently—By W. C. Coffey, First Asst. in Sheep Husbandry, Illinois.

The grower or feeder offering sheep for sale often forms a very imperfect estimate of their market value, and chiefly because his contact with the open market has not been sufficient to familiarize him with the factors embodied by the various terms in market reports. It may be that he is ignorant of the meaning of certain terms; he may have a mistaken or hazy notion of others, and both observation and experience show that anything short of a fairly accurate conception of what a certain market term stands for is a source of disappointment and annoyance. Because his judgment as to the true market worth of his sheep is uncertain, the owner may suffer a financial loss in dealing with a local buyer by selling under the market value or by missing a sale by asking too much for them. If, at the time of sale, the owner could definitely determine the value of his sheep, he would experience less difficulty in coming to an early understanding with the local buyer, or in case he

yearlings, wethers, ewes, bucks and stags.

Lambs.—About 80 per cent. of the sheep sent to slaughter are lambs. The grades are prime, choice, good, medium and common or culls. Quality, condition, form and weight are the factors considered in determining the grade to which lambs belong. Both quality and condition are very important and lambs without high development in both are not placed in the higher grades. Form, especially the feature of paunchiness, is significant in grading lambs. Weight is a factor that varies somewhat with the different times in the year, but lambs weighing 80 pounds and prime in quality, condition and form will always grade as prime.

Yearlings.—Yearlings are used as a substitute for lambs in the meat trade. The grades are prime, choice, good. Prime yearlings are light in weight, immature, and very highly developed in quality and condition.

Wethers.—Only a small percentage



A Prime Native Wether in the Fleece.

shipped them direct to the open market, the chances for disappointment and dissatisfaction would be greatly reduced. While it is the privilege of a few to visit the markets often and there learn the requirements and the demands for the different grades in the various classes, the great majority of sheep owners, and many feeders, must depend largely upon the market reports for such information, and the value of these reports to the man who proposes to buy or sell sheep is determined by the extent to which he can apply them to his particular purchase or sale.

Native sheep are those produced ordinarily in small flocks—on the farms of the central, southern and eastern states. Western sheep are those produced—usually in large bands—on the ranges of the western states. As a rule western sheep have enough merino blood to make them markedly different in appearance from natives which are mostly from mutton-bred parents. But even were they identical in breeding, buyers and salesmen on the market could easily distin-

of the sheep sent to market are wethers. This percentage is small because both growers and consumers prefer lambs to older sheep. The grades are prime, choice, good, common. Prime wethers have the same requirements in quality and condition as prime yearlings. They may be either light, weighing from 95 to 110 pounds, or heavy, weighing 140 pounds or more.

Ewes.—Ewes do not sell on a par with wethers because they have proportionately a greater amount of offal and a smaller amount of lean meat. The grades are prime, choice, good, medium and common or culls. The requirements in condition, quality and weight are practically the same as for wethers.

Bucks and Stags.—Choice bucks are fat and resemble wethers in form and quality.

Feeder Sheep.—Feeder sheep are almost exclusively western sheep. The sub-classes are lambs, yearlings, wethers and ewes.

Lambs.—The grades are fancy selected, choice, good, medium, common. Choice feeder lambs show thrifty con-



The Same Sheep as Shown Above Out of the Fleece.

guish between them because of differences resulting from the way in which they are fed and managed. On markets where both native and western sheep are received, the daily reports nearly always distinguish between them. While thin natives are often bought up in the country and successfully fed, those that reach the market in low condition do not sell as feeders because they are usually infested with internal parasites, thus making it difficult and in many instances impossible to fatten them.

1. The market classes of sheep are mutton, feeder and breeding sheep. The name of a class indicates the use to which sheep in that class are put. 2. Each class is divided into sub-classes and these again into grades. In general the names of the sub-classes suggest differences of either age or sex between sheep put to the same use. The grades refer to differences between the best and the less desirable animals in the various sub-classes. In the mutton class these differences are based on quality, form, constitution, condition and weight; and in the breeding class, on age, constitution, form, breeding, quality and condition.

3. Mutton Sheep.—The mutton class includes both native and western sheep. The sub-classes are lambs,

dition, a high degree of quality and weigh between 55 and 62 pounds.

Yearlings.—The grades are choice, good, common. The choice feeder yearling must be of good form, highly developed in quality and light in weight.

Wethers.—The grades are choice, good, medium, common. In general the requirements are the same as for yearlings.

Ewes.—The grades are choice, good, medium, and common. Choice feeder ewes are young and choice in quality.

5. Breeding Sheep.—The sub-classes are bucks and ewes.

Ewes.—Breeding ewes are selected from both native and western offerings. The grades are fancy selected, choice, good, common. Choice breeding ewes are from two to four years old, sound, well formed and well bred.

Bucks.—Breeding bucks are not subdivided into grades. All offerings are natives.

A Good Sign.—One of the surest signs of improved agriculture is a dry clean hog pen. The up-to-date farmer has discovered that a pig wallows in mire only when he can not help himself.

Good Investment.—A dollar invested in live stock is worth \$50 invested in mining stocks.