

# DIET AND HEALTH

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## THE SIMPLE DIET

To return to nature is not always easy, even when we know what nature would have us do. Habit, it has been said, is second nature, and nowhere is this more true than in eating—the oldest habit. But if improvement is desirable it must be most desirable in eating, which underlies all life processes; and yet change should be made only after careful consideration, and then with all due deliberation.

Beef is digested chiefly in the stomach by the action of the gastric fluid. When reduced to a fine pulp by mastication before entering the stomach it tends to pass out before being properly digested, for the pylorus tends to open when the food is sufficiently reduced to the movement of the stomach and the action of the gastric fluid. Hence many authorities say that meat should be bolted as the dog swallows his meat in large lumps. This is scientifically correct, but the very opposite is true of bread and potatoes.

Flesh digests in from three to five hours; rice remains in the stomach about one hour. When flesh and rice are eaten at the same meal, there is a conflict. The meat and rice are completely mixed by the movement of the stomach. If now the homogeneous mass is retained four hours, the rice undergoes fermentation. If the meat is carried into the intestines within two hours its digestion must be imperfect, failing to receive the proper supply of gastric fluid—an error which cannot be fully corrected by further digestion in the intestines.

Much as this important phase of dietetics has been neglected by the medical profession invalids are never put upon a bi-diet, much less upon a mixture of several foods, however easily digested. Beef is one of the commonest invalid diets, because it is almost pure proteid, digesting easily in the stomach. Rice, 85 per cent starch, is a common invalid's diet, but meat and rice would not be prescribed to be eaten together.

Proteid foods (meats, eggs, beans, etc.) digest principally in the stomach; carbonaceous foods (fruits, potatoes, cereal foods, etc.), principally in the intestine. When these classes of foods are mixed, there is a conflict which must have a disquieting effect upon the nervous system.

It is natural to suppose that a hungry animal under natural conditions would confine itself to one kind of food. Neither man nor the pig is naturally omnivorous. Acorns are the natural food of the pig, which, like man, becomes a prey to an almost infinite variety of diseases when he becomes by force of circumstances omnivorous. A high authority on the diseases of the pig says that they are due to its being fed upon the waste human foods from our tables.

Pavlov, the Russian physiological chemist, has shown that the system adapts itself to the digestion of the food while it is in the mouth, the character of the digestive fluids secreted varying with the food. How bewildered it must be by a ten-course dinner offering perhaps 50 different articles of food!

Considering these facts, we must conclude that serious injury is done to the system by eating a variety of foods at the same meal. Perhaps we may find here the hitherto unaccountable reason for the shortness of human life. And if this be the cause, we must find all the noted cases of longevity among those people whose diet is the simplest. Metchnikoff has found the largest percentage of centenarians among the Hungarian peasants, living largely on black bread. Among the Irish peasantry, living chiefly on potatoes, centenarians are numerous. The noted cases of longevity in England were all among the peasantry, living on a very simple diet. The most noted of centenarians, Cornaro, the Venetian, prolonged life 60 years by restricting his diet to a uniform quantity of eggs and unfermented wine, almost exclusively.

Several monodiet tests recently made under the writer's direction showed, as would naturally be expected, if the principles above stated are true, remarkable results. Edgar Brobst, a foundryman, eating only beans for 60 days gained eight pounds in weight, working Sundays, two nights and several evenings extra during the period. On a 40 days' diet of oatmeal there was a gain of three pounds and better general conditions of health. Dr. Landone of Los Angeles, Cal., reported a gain in weight living on cactus for ten days. On returning to his former mixed diet Brobst lost four pounds in ten days. (An exclusive diet of beans would be injurious, and in no case is a one-sided diet of beans, peanuts, meat or graham bread advisable.)

Necessarily the infant's food must contain all the elements essential to life and growth; but these are harmoniously combined as are all the elements of nutrition, except fat, in wheat. Yet skimmed milk (from which the animal fat, not easily assimilated, has been extracted) is more

easily digested than entire milk. White bread, from which the proteid has been largely removed, digests more easily than entire wheat flour bread, toasted white bread (without butter) being a common diet for invalids; yet cornmeal bread, which is almost pure proteid, is easily digested.

It is admitted that, from the scientific viewpoint, the Chinese are the best fed people in the world. Only their mind-dwarfing system of education has prevented their dominating the world. The Japanese, living largely on a monodiet of rice, with better mental conditions, bid fair to become a ruling race. The Scotch, living largely on oatmeal, have won distinction in science, invention and philosophy for centuries. The world's masterpieces originate never in the banquet hall, but often in the garret, fed by dry crusts.

During the past 12 months I have eaten almost exclusively but one article at a meal—rice, whole-wheat bread, peanuts, bananas, beans, potatoes (baked), apples, and, as a rule, nuts at noon and fruit in the evening—my regular diet—and I have enjoyed perfect health and increased efficiency.

The human system has developed a wonderful power of adaptation to environment, food included. Evolution has produced in man an inhabitant of all climates, capable of subsisting on a great variety of foods. The diet of the average American is not a uniform one, but a continually changing diet. This is true not of the traveler only who may lunch in Chicago and dine in Kalamazoo, but equally of the society woman who may dine at home to-day and to-morrow at the church, and of the business man or woman who eats at a restaurant or hotel. The only system the average person has in eating is that of having no system, comparatively speaking.

If, however, one has long been in the habit of drinking a cup or two of coffee in the morning, for instance, the dropping of that stimulant will cause, for awhile, the same inconvenience that the habitual user of intoxicants finds on discontinuing his daily two or three glasses of beer, wine or whiskey, or that the smoker finds for a time after he stops smoking.

I often hear people say they are convinced that coffee, for instance, is injurious, but when they tried to leave off using it, they suffered from nervous headache so much that they were obliged to resume its use to be in fit condition for their work. Persons who have tried to do without meat often conclude that they are the better for eating it, because they do not feel so well when they discontinue it—for a few days.

Eating or drinking any particular food or drink becomes in time a habit, and even though it may be injurious, it is hard to discontinue it. Even the substitution of a better habit is irksome.

Nature's way is to change gradually, as we see in the weaning of the young, as we may see when at times the food of our domestic animals is changed.

Suppose, for instance, that you decide to discontinue the use of coffee, mix with the coffee one-fourth cereal coffee for the first week or two, next one-half, then three-fourths, and finally use pure cereal coffee, which may be continued as a substitute drink or not.

In living on one article of diet, even milk, or wheat, or fruits, which may supply every element of material nutrition needed by the system, there is a craving for something else for a time. It does not necessarily follow that something else is really needed, but only that the habit of eating more than one thing is calling for satisfaction. It is well known that there is a crying demand for food during the first few days of a fast, but that after the fourth day there may be no call for food for 20 days or more.

In adopting a complete new diet, the law of gradual change applies as in dealing with a single article, like coffee. The manner of effecting the change, in detail, should be determined by age, temperament, and other particulars. The longer the habit has been established the more gradual should be the change. A person of nervous temperament should change more slowly than a phlegmatic person of iron will.

Occasionally after one has become established in the better way and being fully convinced that the change has proved beneficial, an overwhelming desire will take possession of one to return, temporarily, to the old way. I believe it is best, in such cases, to yield, for one meal, or even for a day or two. Coffee does not become a deadly poison the day one forswears it. One must be careful, however, lest "the last state become worse than the first."

Our friends, the enemy, are the greatest hindrance to improvement in diet. The fear of being called a "food crank" deters many from making a change which they know would greatly improve their health and success generally, although "food cranks" are now happily becoming so numerous that there is ample company.

A radical change in diet, even for the better, is naturally followed by unpleasant feelings and worse looks, for awhile; and often one does not know how to adapt the new diet until he learns by experience. It is therefore better, as a rule, to be away from home while making a radical change, or while fasting, and, if possible, among people who can give trustworthy advice and encouragement.

It should be borne in mind that the amount and kind of food required by a given individual depend largely upon age, work, temperament and other conditions which should always be considered in determining a diet.

# Two Costumes



THE costume at the left is violet satin finished cloth. The blouse is trimmed in an odd way with bands of the material, buttons and straps of cord. The plastron and sash are of black liberty, the latter knotted low in front with fringed ends.

The wrist ruffles and those on the blouse are of lace, as is also the little guimpe. The plain skirt is simply finished at the bottom with rows of stitching.

Green velvet is used for the other costume. The blouse, with lapped tailor seams, crossed slightly in front where it is ornamented with passementerie buttons. The wide revers are also ornamented with these buttons and with motifs of passementerie. The crossed waistcoat is of tan-colored satin, trimmed with cord and embroidered dots. The chemisette is of dotted tulle, the girde is of green liberty. The long sleeves and the skirt are trimmed to correspond with the blouse.

## PARTY DRESS OF VELVETEEN.

Rich Costume Designed for Girl of from Fourteen to Sixteen Years.

There are so many beautiful shades in velveteen that it is difficult to know which to select; the skirt of this is quite plain; it is a circular shape. The velveteen is arranged in one deep fold over each shoulder, and smaller folds form the sleeve. The



vest is of finely tucked soft silk and insertion, and the under-sleeves are the same; the waist-band is shaped and cut in scallops in the front, buttoning over.

Materials required: 10 yards velveteen, 6 yards insertion, 1 yard silk, 35 inches wide.

## Cretonne Bed Spreads.

The renewal of things Colonial has brought about the fashion for bed spreads of old world chintz. These substitute the spreads of Marseilles. They hang nearly to the floor, are slashed to fit the two lower posts, and are edged with three-inch linen lace.

There is an oblong piece made to match for the pillows. It is always better to use what is known as day pillows under this. They are stuffed with a hard substance and made to stand firm and full.

## Waistcoats in Fur Coats.

Paris has started the fashion for wearing gold embroidered waistcoats set with beautifully colored glass beads in coats of fur.

## The Little Bertha.

All sorts of berthas are used for trimming the draped bodies of crepe, voile and chiffon cloth gowns. Sometimes these berthas are of broadcloth in a matching tone and embroidered in self-colored silks. Again they are of coarse net soutache, embroidered or appliqued in self or contrasting colors; but in nearly every instance they are shaped like the erstwhile popular jumper—the shoulder straps terminating just below the bust line and at the top extending out over the sleeve. To accompany these berthas there are bandings to finish the sleeve and narrow edges to finish the collar.

## About Skirt Belts.

One important feature about a well-fitting skirt is the belt. This should not be more than half an inch wide when completed and should be made of taffeta or lining that is not too thick. Skirt belts made of belt tape are not always successful, because it is hard to obtain the proper kind of belting. Imported models always have a belt of belt tape on the skirt, but it is thin and pliable. A heavy belt tape, when turned over and finished, is positively impossible.

## ROSES ON ALL WINTER HATS.

Of Every Color and Hue, and the Larger the Better.

Roses of every color and hue, big as cabbages, are smart on winter hats. It is the color that takes. Of course a luxuriant big rose, though of satin and silk and in the shades of pink never to be seen on a real flower, helps to enliven the feelings. A rose hat makes one feel positively young, and young faces more than ever like flowers themselves.

The ribbon roses which adorn a dressy hat just from Paris are made of many shades of pink satin ribbon in one instance, and in another of curious shades of dead white and greeny white to look like a bride rose.

It may seem folly to pay four dollars for a single artificial rose, yet that is what fashion is doing, and the ribbon roses cost as much if not more.

"The keynote of the year is simple elegance," said the milliner as she carefully extricated a large hat to fit on my head for the reception. Simple elegance.

Truly it looked so. It was a turban, rather large, and over the maline finished frame was folded a point lace scarf with little ermine and sable tails rounding the crown. A narrow twist of vieux bleu supple ribbon gave the color note—that was all. Other turbans—the coming hats—were as superb in scarfs of ottoman silk in rich colors.

## Fancy Muffs.

Fancy muffs will be a fad of the season, and in them there is a chance for employing all the cleverness in design and needlework that a woman possesses. In a muff brocade and feathers may be most charmingly combined, and a neckpiece to match may be evolved. Black velvet with black ostrich tips can be worked together with astonishingly artistic results, while artificial flowers, either as a substitute or in combination, are lovely.

## The Turnover Back.

The very stiff linen collar has fallen into disrepute except for business wear. Softer neck effects are considered desirable, and the sheer, embroidered turnovers are being worn again in combination with fluffy jabots, rabat ties and tasseled silk or velvet cravats. Worn thus, the turnover, of course, fastens in front like a linen collar, and the edges are held neatly together by a fancy brooch.

## Silk Skirt; Cloth Coat.

Among the best of the new costumes is seen the combination of Ottoman silk and liberty broadcloth. The skirt is of silk, long, flowing, and untrimmed. The coat is also long, is of the cloth, and usually has revers of silk.

## The Smart Scarfs.

Just at the present moment the silks being used for the manufacture of the smartest scarfs have patterns which would seem to owe their inspiration to various phases of nature. Fruits and flowers figure very largely in the designs now as do all sorts of flowering plants and vines. The newest scarfs of this type show another phase of nature in their design. They have round balls of color suggesting snms crossed by fleecy clouds. As the majority of these scarfs are made of gray brocade, the cloud effect is perfectly apparent. One had red "suns," while dark blues and browns also appear in some of the patterns.

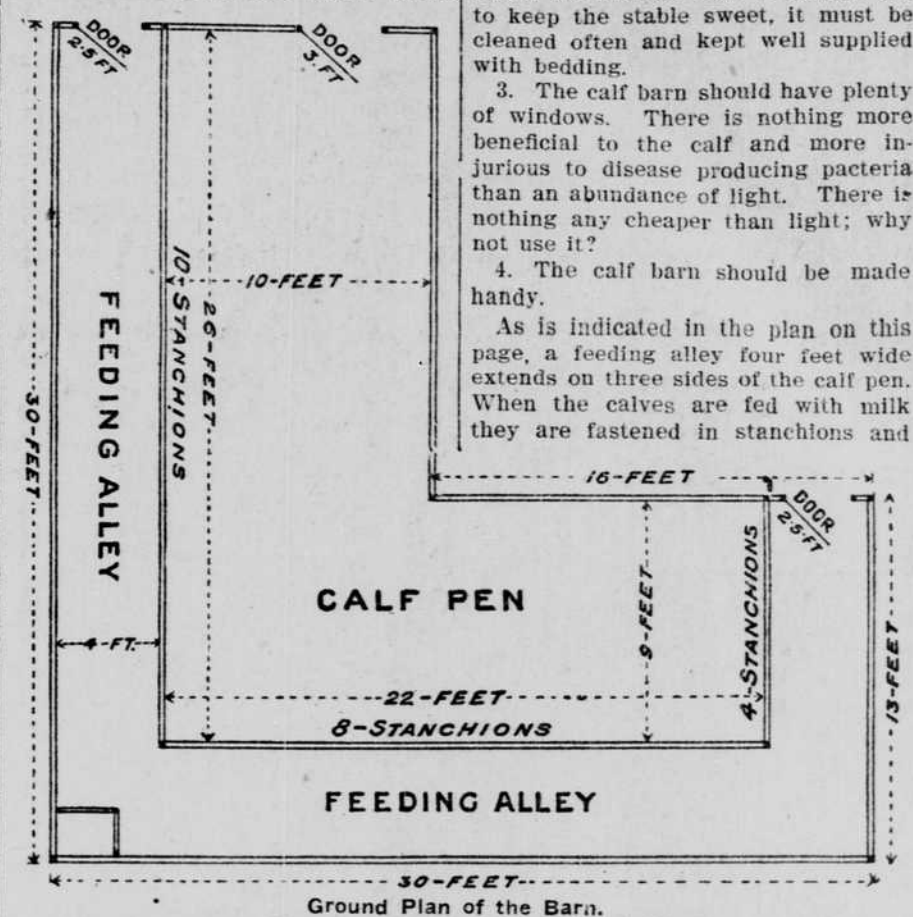
## To Cover Hat Frame.

Cut the velvet the exact shape of the hat, allowing about half an inch for the turning of edges. Instead of sewing use liquid glue, and proceed the same as in sewing. Next, cover the top of the brim, and, lastly, paste the facing in. It looks much better than when sewed, and requires less than half the time. Try it; you will be surprised and delighted with the result.

# BUILD A CALF BARN AND BUILD IT RIGHT

Some of the Essential Points in Its Construction—By W. D. Hoard.

We have recently received several inquiries asking for the plan of the calf stable on Hoard's Dairyman farm. We herewith present a floor plan of our calf barn, and state briefly some



of the essentials to be considered in constructing a place for keeping calves.

1. A calf should always be kept dry. In order to do this a good floor should be put in the barn and thickly covered with fresh, dry bedding. It is impossible to raise a strong, healthy calf unless it is kept dry and clean.

2. A warm, pure atmosphere is required for growing calves. A warm stable is made by constructing a wall of at least one dead air space. Sheet on the outside of the 2x4's with drop sid-

ing, paper on the inside, and cover with matched flooring. Pure air is provided by the King system of ventilation. This will remove the air, which the animals have breathed; but to keep the stable sweet, it must be cleaned often and kept well supplied with bedding.

3. The calf barn should have plenty of windows. There is nothing more beneficial to the calf and more injurious to disease producing bacteria than an abundance of light. There is nothing any cheaper than light; why not use it?

4. The calf barn should be made handy.

As is indicated in the plan on this page, a feeding alley four feet wide extends on three sides of the calf pen. When the calves are fed with milk they are fastened in stanchions and

the feeder has no trouble with them. Each one is held in his place. The wide alley makes it easy to give each calf its milk and other feeds.

5. The calf pen should be made so that it can be divided into several apartments. A calf when but two or three weeks old, when turned into a pen with others two or three months old, is more or less handicapped, especially if the younger calf is not strong and rugged. A pen with several divisions permits the grouping of calves according to size and strength.

# SELECTION OF BREEDING HOGS

Taken as a whole, there is no marked difference between the early maturing qualities of the Poland China, Duroc Jersey, Chester White or Berkshire breeds of hogs. Neither has it been proven that one has any marked superiority over the other as to the rate at which flesh may be laid on or the cheapness of gains. The characteristics of these breeds are well marked, and there are special points of excellence that one breed may possess to a greater degree than the others; still, considering the factors which determine almost entirely the profit or loss in hog raising, namely, fecundity, rate and cheapness of gains, a more marked difference will be found between individuals of the same breed than between any of the above breeds taken collectively. It is therefore necessary whether breeding pure-bred hogs or grades to consider the individual carefully when selecting breeding animals.

The fecundity of sows always appeals to hog raisers. The size of litters varies with breeds to some extent, but still more with individuals. Statistics compiled by the Indiana experiment station show that the average size of several hundred Poland China, Berkshire and Chester White litters were: Poland China, 6.5 pigs to the litter; Berkshire, seven pigs to the litter; and Chester White, 7.5 pigs to the litter. However, litters of these breeds will vary from three or four to ten or more pigs to the litter. Confinement and overfattening tend to reduce fecundity. Again, sows that are sluggish or overfed in type are usually indifferent breeders. So far as known the sow controls the size of litters, and since fecundity is largely an individual or family characteristic it is good policy to select brood sows only from litters of which at least seven pigs have been successfully raised.

In selecting breeding hogs, either male or female, the following points should receive consideration: Form, size for age, quality, and feet and legs.

To thoroughly inspect a hog, it is necessary to view it from the side, front and rear, both standing and in motion. From the side the hog should show a rather short head, full jaw and neck, a strong rather arched back without any depression back of the shoulders or at the loin, a deep body of good length and a deep, well rounded ham. From front and rear the side lines of the body should be straight and parallel, and this will be true if the development of shoulder, spring of rib and ham are uniform.

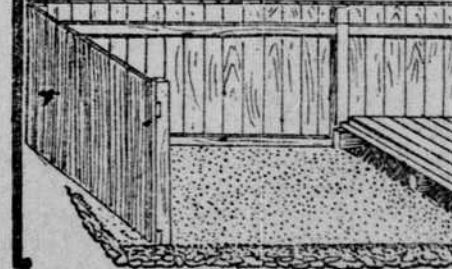
Good quality is indicated by fine hair, medium bone, absence of wrinkles and general coarseness. Hogs coarse in type mature slowly and fatten indifferently. Those possessing harsh hair and skin and showing wrinkles will produce inferior pork.

Are They Laying?—The early-hatched pullets should have settled in for steady laying.

Getting the Eggs.—We want eggs, and lots of them, in winter. This is not always possible, but the chances will be better if we make good conditions for egg production. Feed the hens some form of meat—green cut bone if it can be had—give some grain in a deep litter of straw, to be scratched out for food and exercise, and make the poultry house warm, clean and light. These things will help. Don't keep the hens fat on corn, but give them enough protein feeds so they can lay.

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 gratified thousands to health. Address, Lynn, Mass.



A large pen with space for both sleeping and feeding can be arranged with a floor on one half to insure a dry bed. The size of the whole pen is 8 feet by 16 feet, so that the floored

section of the pen is 8 feet square. It is made of strong materials, usually 2-inch by 4-inch stuff, and rests on cleats in the bottom of the pen.

# SAMMY'S FEELINGS.



"Sammy," said his mean uncle, "how would you feel if I were to give you a penny?"

"I think," replied Sammy, "that I should feel a little faint at first, but I'd try and get over it."

Personal Observation.

"Boys," said the sweet young teacher, as she smiled graciously upon her Sunday school class, "it seems to me that this lesson teaches that what one begins another continues or completes. All work does not devolve upon any one person. Can you illustrate with an incident from your own observation?"

"I've know father to be on a tear all night," timidly informed little Bobby, "and then mother would continue to rip him up the back all next morning."

STATE OF OHIO CITY OF TOLEDO, Lucas County.

FRANK J. CHENEY makes oath that he is regular partner of the firm of F. J. CHENEY & CO., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1906.

A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucous surfaces of the system. Send for testimonials, free.

Sold by all Druggists. F. J. CHENEY & CO., Toledo, O. Take Hall's Family Pills for constipation.

An Encouraging Average.

"I have been looking over my financial operations," said Mr. Esauzo. "I must say they are more successful than usual."

"Have you been making large profits?"

"No. I don't expect anything like that."

"But you say you were successful?"

"Comparatively successful. During the month I have loaned money to five friends, and only three of them have quit speaking to me."

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Watson*.

In Use For Over 30 Years.

The Kind You Have Always Bought.

An Exceptional Case.

"The newspapers tell of a Connecticut woman who gave her husband \$25,000 to let her alone."

"This is a funny old world. It is the husband who usually gives his wife every cent he gets to let him alone."

Worth Its Weight in Gold.

PETIT'S EYE SALVE strengthens old eyes, tonic for eye strain, weak, watery eyes. Druggists or Howard Bros., Buffalo, N. Y.

Waiting for a Rise.

"Have you sold your atrship yet?"

"No; I'm holding it for a rise."—Cleveland Plain Dealer.

Smokers appreciate the quality value of Lewis' Single Binder cigar. Your dealer or Lewis' Factory, Peoria, Ill.

Each hour has its lesson and its life; and if we miss this we shall not find its lesson in another.—King.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. See bottles.

When a woman has her hair fixed up she is half dressed.

ONLY ONE "BROMO QUININE." That is LAXATIVE BROMO QUININE. Lead for the signature of Dr. W. G. GROVE. Used the World over to Cure a Cold in One Day. See.

Work is only done well when it is done with a will.—Ruskin.

Those Tired, Aching Feet of Yours need Allen's Foot-Powder. See at your Druggist's. Write A. S. Smedley, Le Roy, N. Y., for sample.

Sober second thoughts are always best for a toper.



This woman says Lydia E. Pinkham's Vegetable Compound saved her life. Read her letter.

Mrs. T. C. Willadsen, of Manning, Iowa, writes to Mrs. Pinkham:

"I can truly say that Lydia E. Pinkham's Vegetable Compound saved my life, and I cannot express my gratitude to you in words. For years I suffered with the worst forms of female complaints, continually doctoring and spending lots of money for medicine, without help. I wrote you for advice, followed it as directed, and took Lydia E. Pinkham's Vegetable Compound and it has restored me to perfect health. Had it not been for you I should have been in my grave to-day. I wish every suffering woman would try it."

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