

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 it 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 brawn are built, and precipitates, to a large extent, the mineral elements, sulphur, phosphorus, magnesia, potash, 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 11½ 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 physiognomist, 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 flood." 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 thinketh so is he—and that as a man eateth so he thinketh. 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 of 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 factors 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 virulent 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 Busy.
Mulai Hafid, 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.

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 thereunto.—Bacon.

Chinese Student Has Future.
Vu Kyuin Willington Koo, a Chinese, has been chosen to edit the Daily Spectator at Columbia university. It is said to be the first time that a Chinese student has been placed at the head of an American college paper. Editor Koo, who is but 22 years old, is a slender chap and is known throughout the university as a master of pure English. He speaks without accent, knows more about American politics than the average American, is a debater of wonderful ability, and one of the most popular men in the university.

Material in Battleship.
In a 14,000-ton battleship there are about 13,200 tons of steel, 400 tons of copper, 140 tons of nickel, 14½ tons of lead and ten tons of tin.

Learning Life's Lessons.
Alcott: Our bravest lessons are not learned through successes, but through failures.

The love of gain never made a great painter, but it has marred many.—Alston.

They are excellent friends, but terrible enemies, and if defeated in battle are apt to visit their wrath on their unfortunate officers.
"These Indians cling to their primitive customs and do most of their hunting with bows and arrows. The way they use the bow is rather unique. They sight their game, calculate the distance and then shoot their arrows into the air, whereupon the weapon falls upon the mark, whether bird or beast, seven times out of ten, with fatal effect."—Baltimore American.

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.

Ready with the Answer.

Miss Baxter, feeling the effects of a torrid afternoon in June, was attempting to arouse the interest of her languid class by giving, as she supposed, an interesting talk on the obelisk. After speaking for half an hour she found that her efforts were wasted. Feeling utterly provoked, she cried: "Every word that I have said you have let in at one ear and out of the other. You"—pointing to a girl whom she noticed had been particularly inattentive throughout the entire lesson—"tell me, what is an obelisk?"

The pupil, grasping the teacher's last words, rose and promptly answered:

"An obelisk is something that goes in one ear and out of the other."—Success Magazine.

ENGLISH HUMOR.



She—Poo! What is a kiss it is nothing.

He—Well you once said you could refuse me nothing, you know.—Chips.

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

The Changing Times.
Times have changed since 450 years ago, when Halley's comet, for whose reappearance astronomers are now looking, was in the heavens. Then the Christian world prayed to be delivered from "the devil, the Turk and the comet." Now it says the devil is not as black as he has been painted, the Turk is a negligible quantity and the comet would be rather welcome than otherwise.—Boston Transcript.

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.

Rewards Constantly Paid.
The rewards of great living are not external things, withheld until the crowning hour of success arrives; they come by the way—in the consciousness of growing power and worth, of duties nobly met, and work thoroughly done. Joy and peace are by the way.—Mable.

One Thing That Will Live Forever.
PETTIT'S EYE SALVE, first box sold in 1807, 100 years ago, sales increase yearly. All druggists or Howard Bros., Buffalo, N. Y.

Truth is violated by falsehood, and it may be equally outraged by silence.—Ammiau.

Lewis' Single Binder straight 5c cigar is good quality all the time. Your dealer or Lewis' Factory, Peoria, Ill.

To feign a virtue is to have its opposite vice.—Hawthorne.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

The blind population of Great Britain is about 40,000.

LAME BACK PRESCRIPTION

The increased use of "Toris" for lame back and rheumatism is causing considerable discussion among the medical fraternity. It is an almost infallible cure when mixed with certain other ingredients and taken properly. The following formula is effective: "To one-half pint of good whiskey add one ounce of Toris Compound and one ounce Syrup Sarsaparilla Compound. Take in tablespoonful doses before each meal and before retiring."

Toris compound is a product of the laboratories of the Globe Pharmaceutical Co., Chicago, but it as well as the other ingredients can be had from any good druggist.

News from the Settlement.
"We are not exactly happy on the way, but we are not too mean to shout 'Amen' when the rest of the world cries 'Halleluia!'"

"Just how the editor knew we had 'possum for dinner last Tuesday is more than we can tell, but he came just in the nick of time and dined with us."

"We have much for which to be thankful. We raise our own turkeys, but turkey for dinner is so common in our settlement that we sometimes forget to thank Providence for it."
"There is no news to speak of, except that we'll all build up this old country if we keep the saw in the log, and keep the sawdust flying."—Atlanta Constitution.

Starch, like everything else, is being constantly improved, the patent Starches put on the market 25 years ago are very different and inferior to those of the present day. In the latest discovery—Defiance Starch—all injurious chemicals are omitted, while the addition of another ingredient, invented by us, gives to the Starch a strength and smoothness never approached by other brands.

Not Anxious at All.
"One word of our language that is almost always misused," said the particular man, "is 'anxious.' You will hear people exclaim how anxious they are to see a certain play, or anxious to get a new hat, or anxious to take a trip to Europe, when they are not anxious at all, but eager or desirous. If anxious were used only in the right place we wouldn't hear it half so often."

How's This?
We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.
F. J. CHENEY & CO., Toledo, O.
We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.
WALDING, KENNAN & MARVIN,
Wholesale Druggists, Toledo, O.
Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.
Take Hall's Family Pills for constipation.

No Deception.
"I bought some boom lots in a coast town. Feller wrote me the land might all be gone in a week if I didn't buy quick."
"That's an old dodge."
"But he told the exact truth. The ocean is carrying it off in chunks."—S. Louis Republic.

With a smooth iron and Defiance Starch, you can launder your shirt-waist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

An aim in life is the only fortune worth the finding; and it is not to be found in foreign lands, but in the heart itself.—R. L. Stevenson.

Lewis' Single Binder straight 5c cigar made of rich, mellow tobacco. Your dealer or Lewis' Factory, Peoria, Ill.

When the members of a standing committee meet they usually sit down.

If Your Feet Ache or Burn get a 25c package of Allen's Foot-Paste. It gives quick relief. Two million packages sold yearly.

A tiresome speech is apt to be a cheerless affair.

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
FOR RHEUMATISM, BRONCHITIS, DIABETES, BACKACHE
GUARANTEED TO CURE
375 "Guaranteed"

Are your shoes going down hill? They haven't lived up to the salesman's say-so. Take our say-so this time. Get stylish White House Shoes. They fit from tip to counter. From welt to top face, they meet the graceful shape of your foot. And they hold that shape.

WHITE HOUSE SHOES.
FOR MEN, \$3.50, \$4.00, \$5.00 and \$6.00.
FOR WOMEN, \$3.50, \$4.00 and \$5.00.
Better Brown Blue Ribbon Shoes for youngsters. Ask your dealer for them.

THE BROWN SHOE CO., Makers
ST. LOUIS

MARK MEANS QUALITY

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye—each and Mix Colors.

PUTNAM FADELESS DYES
MONROE DRUG CO., Chicago, Illinois.

Syrup of Figs and Elixir of Senna
acts gently yet promptly on the bowels, cleanses the system effectually, assists one in overcoming habitual constipation permanently. To get its beneficial effects buy the genuine.

Manufactured by the
CALIFORNIA FIG SYRUP CO.
SOLD BY LEADING DRUGGISTS—50¢ per BOTTLE.

SICK HEADACHE
Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Biliousness, Nausea, Headache, Dizziness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

CARTER'S LITTLE LIVER PILLS.
SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine Must Bear Fac-Simile Signature.
CARTER'S LITTLE LIVER PILLS.
REFUSE SUBSTITUTES.

For Croup and Whooping Cough
There is no quicker, surer remedy known than Dr. D. Jayne's Expectorant. Four generations of children have been relieved and cured by this old and reliable medicine.

DR. D. JAYNE'S EXPECTORANT
has been successfully employed for over 78 years in countless cases of Croup, Whooping Cough, Colds, Bronchitis, Inflammation of the Lungs and Chest, Pleurisy, and similar ailments.

For the sake of your children keep a bottle of Dr. D. Jayne's Expectorant in your home where you will have it at hand in an emergency. Sold by all druggists in three size bottles, 15¢, 50¢ and 25¢.

Dr. D. Jayne's Tonic Vermifuge is the ideal worm medicine, and an effective tonic for adults and children alike.

320 Acres of Wheat Land in Western Canada WILL MAKE YOU RICH.
Fifty bushels per acre have been grown. General average greater than in any other part of the continent. Under new regulations it is possible to secure a homestead of 160 acres free, and additional 160 acres at \$3 per acre.

PARKER'S HAIR BALM
Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Falls to Bed. Gray Hair to its Youthful Color. Cures scalp disease, itching, itching, itching.

Health and Beauty Without Drugs
Vibratory massage removes wrinkles, makes the complexion clear and beautiful. Cures rheumatism, indigestion, neuralgia, etc. Sells for 10¢ per bottle. Charges prepaid. Wm. J. King, 124 Monroe St., Chicago.

DEFIANCER Cold Water Starch
makes laundry work a pleasure. 16¢ per lb.

Inflicted with sore eyes, use Thompson's Eye Water

W. N. U., OMAHA, NE 50, 1908

Jew Names Anglicised.
Speaking of the tendency on the part of foreign-born Jews to change their name, the Hebrew Standard says: "Here are a few of the metamorphic exhibitions which have taken place recently as they appear in the session laws of the state: Mr. Levitsky is now Mr. Lee; Mr. Limburger is now Mr. Limburg; Mr. Lipski is now Mr. Lipps; Mr. Moscovitz is now Mr. Morrison; Mr. Oshinsky is now Mr. Brbwn; Mr. Ashmerowowitz is now Mr. Sherry; Mr. Ostrowsky is now Mr. Ostruff; Mr. Podolsky is now Mr. Podal; Mr. Rabinowitz is now Mr. Stein, and Mr. Raskowsky is now Mr. Ross."

Of Henry Irving.
If it be egotism to feel an interest in all that humanity does and is; to sympathize with every righteous human effort and every affection; to cherish as a priceless treasure, the slightest gift or token of remembrance from a friend; to labor unceasingly in the service of a great art and of every member of a profession too often degraded and abused; to help every

human being to whom help could reach; and to do all in his power for the advantage of a loved professional associate—then Henry Irving was an egotist; but not otherwise.—William Winter, in reply to Ellen Terry.

Substitute for Confetti.
The time may be opportune for an appeal to inventors to consider the urgent need there is for some substitute for confetti. To admit that rice was bad is not to make the substitute any better. It is comparatively painless when thrown, but the absolute impossibility of removing it from clothes or carpets without picking it off by individual particles should be enough of itself to condemn it in the eyes of all reasonable people.

Snake Superstitions.
The Sanskrit name for a serpent means "having poison in the dye," that is, the fatal power to kill at a glance. Perhaps from some superstition arose in Morocco that if a magic rain fell on April 27 and got into the eyes of snakes and scorpions, they would go blind.

A Tribe of Fighting Indians.
Aborigines of Central America Scrimingly Without Fear.

"I sojourned for more than a year in Central America, mostly in Honduras, where I went to make a study of the native Indian tribes," said Charles C. Lesseur of New Orleans. "These aborigines are mostly of warlike mold and as brave fighters as any of the human race. I was especially impressed with the inhabitants of the Copan and Gracias districts. They are the best fighting stock in all Latin America. Three or four hundred of them will often defeat an army of thrice their size. They are ever eager for battle and reck nothing of heavy adverse odds. They are supposed to be Christians, but from what I saw and learned of others I came to the belief that they practice heathen rites and ceremonies."

They are excellent friends, but terrible enemies, and if defeated in battle are apt to visit their wrath on their unfortunate officers.
"These Indians cling to their primitive customs and do most of their hunting with bows and arrows. The way they use the bow is rather unique. They sight their game, calculate the distance and then shoot their arrows into the air, whereupon the weapon falls upon the mark, whether bird or beast, seven times out of ten, with fatal effect."—Baltimore American.