THE OMAHA DAILY BEE: SUNDAY, JULY 6, 1902.

Charms of the Lesser

Antillies.

TIPS ON TELEPHONE POLES Bome Statistics Concerning the Number in Use on Omaha Streets.

WHERE THEY COME FROM AND THEIR COST Comparative Figures Based on Calcu. Intions as to the Various Ends These Poles Might Serve Afford Considerable Information.

Were all the telephone poles and all the electric light poles and all the telegraph poles in the corporate limits of the city of Omaha cut up into cordwood it would make in the neighborhood of 55,734 cords. It would take an ordinary boy 111,-468 days, or over 305 years, to cut this into stovewood lengths, provided there was no picnic to go to when the pile was finished, and he worked Sundays. Two boys would become gray-headed before they finished the job and three boys never would get done.

If it took an ordinary boy 111,468 days to cut this wood into stovewood lengths it would take him 111.321 days to split it once. 222,641 days to split it twice, and 666,923 days to get it to fit the kitchen stove, provided he worked ten hours a day. It would take him 2,000,769 days to cut it sufficiently fine for his father to start a fire on a rainy morning without swearing. It would take him over 60,023,070 days to split it fine snough to look like toothpicks, and 1,800,-692,100 days to polish them sufficiently for a purchaser to know that they were intended for toothpicks.

When they were ready to be placed on the market people then on earth would have no need for toothpicks. A half-grain pill in a teaspoonful of gastric juice would mean a week's rations and no chewing would be necessary. Hence the people of banish him to Arkansas.

Some Additional Statistics.

Were all the foliage cut from these follage taken to Missouri and made into brush piles in the spring time, after the make a president, did he know it all.

these figures incorrect.

of trees over 297 miles in length. Place them one on top of the other, they would reach higher than Gilderoy's kite. A rough poles from thirty to sixty feet in length. at 14,268. The exact number is not known to any of the managers of these companies. No one manager knows how many poles his company owns, nor how many miles of wire is strung on the poles.

Home of the Poles.

Floating in the bluest waters of the knives and forks and represents a smaller and in three seconds he is pulling himself. seven seas, writes a correspondent of the capital than the house. The clothing is Brooklyn Eagle. He the Antilles, dreamy, a shirt and trousers for the man, a gown vaporous, uncertain of reach and outline, and bandana for the woman. No shoes, peaked with volcances, rimmed with vil- stockings, coats, overcoats, seldom a bat, lages, the hill tops fringed with palms no coal to burn, no lamps to fill, no art, that rock in the wind and tors their leaves no fads, no nothing much. Life is reduced like a green smoke, their beaches white and to simple terms. clean, the very heavens bending over them

Etchings of Tropic Isles

in a softer light than that of our land. These are magic isles and when one leaves little meat is eaten, in most families althem they have faded into opalescent mem- most none. You do not crave it in the ories, not so dear as those which hold to tropics, anyway, but rather resent it. Yet, cooler zones, yet filled with color, tebder- small as the dietary is, the blacks are ness and fragrance. Heaven knows, I lithe and muscular; they walk with a free would not live there, yet when I hear step and an admirable carriage; they do as music and when the fragrance of flowers much as can be expected of a man in a steals upon the sense at night I shall broiling climate and they are middling dream of the West Indies. moral. The crime for which so many ne-

The very approach of them is different groes are lynched in the south is unfrom that of our northern ports. Sea known and a white woman is safe any-water is to us a slaty dark that froths up where. Indeed, these negroes are a perinto green in storms and that in the shal- ceptible improvement on the colored peolows is yellow and turbid. In the Carib- ple of our southern states-that is, the new bean it is the most wondrous blue that can generation of our colored people, for the be conceived. It is like nothing other than old uncle and suntle were admirable chara few of those hot aprings of the Yellow- acters. These West Indians have as a rule stone that go down and down till they been educated in a common school; they boil against the heated rocks of the earth's read and write; they express themselves interior. If you can imagine the lapis in correct English; they are said to be lazuli without its flecks of pyrite and content with small stealings, and when imagine it transparent and shot through they beg they do it with an air and a with light and imagine it curling at the modesty that take all the sting away. surface into flames of sky color, that is the You have heard of the kind of colored water of the warm seas. It is tremendously deep under your feet. If you were people they have in Monserrat, haven't to step overboard you would go down for you? Down there a brogue is spoken by the public, because this has been an Hi-

two miles. That depth may have to do the water. Nature would seem to be partial. There

are many places that could have been slavery and the descendants of the slaves spared so much more easily than St. Pierre. that day would dub the boy a lunatic and Here was the handsomest and most comfortable town in the Lesser Antilles. Elsewhere are towns that are neither handsome nor comfortable. They are beautifully environed, but what poor, undeveloped places trees, before they became poles, and the they are! For the West Indies, regardless of ownership, are wretchedly poor. These islands are owned by the English, first snow in the early winter, more rab- French, Dutch and Danes, but all are alike bits would hide under the piles than one in the poverty of the people. The white could shake a stick at. Twenty-three thou- residents appear to enjoy certain of the send and forty school children would play comforts of civilization, but the blacks, who "hookey" on account of the rabbits and (constitute 90 per cent of all the population, brush piles, and the amount of "book live in cabins of sinbs, with roofs of cane larnin'" that would not be "larnt" during thatch, and subsist on yams, bananas, cothe time the snow was on the ground would | coanuts, mangoes and breadfruit, with an occasional loaf as a luxury. The wages run Were these poles to be placed right-end from sixpence to two shillings a day, only up in the Missouri river near Omaha, it mechanics aspiring to so imposing a wage would dam that mighty stream so com- as 50 cents. Nor is this meager stipend pletely that only Jehosophat himself could offset by low prices in foodstuffs. Most of save it. It would take a boy with a ham- the foods that are not produced at home

Were all the electric light poles and all ners are infrequent among the workers. upon the pavements. Planting them forty- sunning themselves on the doorsill. The fureight to the mile, they would make a row nishing inside is merely of pots and pans,

into his boat and brandishing his arm with a grin. Between his thumb and finger ho holds your coin. He will earn more in half an hour in this way than he can earn by exemplary industry on shore in two days and can keep cooler while he is about it. But imagine the quickness of a diver who has overtaken a sinking piece of metal and the sharpness of his eye as he It follows as a result of this poverty that sees it going to the bottom through water filled with the bubbling and churning of his

own descent.

With so poor a people it is hardly to be expected that the visitor will find much to please him in respect of roads, hotels and other appliances of civilization. Excepting two or three little mule trams, one of which was destroyed by Pelee, there are no railroads and the recent torrential rains have injured miles of what they call good roads for wagons. There are surprisingly few horses and wagons, so the damage la not so great to the industries and com merce of the region. Of roads it is hard to imagine one more beautiful than that on St. Vincent, which winds along the shore from the chief port, Kingstown, to Georgetown. It first ascends a steep hill, lined for a mlie or more with negro cabins nestling among palms and bananas, then comes out on the heights, commanding views of Bequia and other little Grenadines, sleeping

on the bluest of seas, their cliffy shores purple in the distance. Just at your feet the slopes fall sharply toward the ocean, which rolls in big surges on white beaches with the purity, hence with the color of bernian island ever since Cromwell used it and hurls columns of spray against towers of volcanie masonry. as a place of exile for the rebels he did

not kill. The exiles followed the fashion Usually there is no guard to this road in of the time in forcing the populace into the shape of a fence or wall, and where it are engaged in making lime juice and winds along the shelf of a precipice you cannot avoid the wish that the driver had talking Irish. A sailor from Cork, having landed at the principal port, fell into kept sober. You call his attention to the conversation with a particularly black risk and he responds by steering the wagon 'longshoreman and was filled with aston- into the gutter on the other side, which is ishment at the familiar speech. "For cut deep to carry the rate; and nearly hivin's sake an' how long have yes been in bumping your sconce against the cliff. There has been no engineering to speak "Sure, an' it's two months since I came of in the construction of this road. It is over." Meaning that he had crossed from in fair order, but the grades are florce. It would have been as easy to carry it "Well, if it makes a dacint man look like around the bulges of the hills as over the yous in two months here's what's goin' to tops of them, but the pioneers on the Ireland be the next ship," replied the Island never thought of that. We pass deep coves, where arrowroot is springing broad and green, but with a queerly irregular look, for it is not planted in rows

sons do which is more difficult than to talk as we plant things, and we see a little Indian corn and many palms, bread fruits and mangoes. ver-silver preferred. These doings may

We want to try some of these strange been seen in various ports on the arrival fruits and vegetables; but no. The English of a steamer. A native is rowed over to taverns give you only English food: roast the ship in a boat that in some Islands is beef, potatoes, preserved quinces and a lot like a coffin, and in the French possessions of other things you get at home. You get is almost a model, in little, of a Siwash light claret wonderfully cheap and beer cance. His costume consists principally of complexion. He asks you to throw some that is dear at any price. All drinks are money into the water. You hold out a served warm, except tea. The white folks sixpence. His eyes glisten. He puts one drink unpardonable quantities of rum and foot on the gunwale of the coffin, places his whisky, which ought never to be used in a hands together before him and watches for hot country, and the best drink there, to the dropping of the coin. You flip it into my mind, is iced ten with limes in it. The





. A. GOOK, M. D. of the Fa ous Cook Cures for Diseases of Men.

Did you ever hear the agonizing cries of a little poodle that was being shaken and chewed up by a large mastiff in the streets? Well, he yelps because he is getting the worst of it. When you see doctors neglecting what little business they have in order to annoy successful doctors as much as possible, it is very easily figured out on the above line of argument. "A lion was once informed by a monkey in a game of poker that there was no use for him to roar every time he lost a pot. The lion retorted that he knew it was not, and that that was what made him roar."

The hide-bound doctors of this state a few years ago spent hundreds of dollars of the people's money to prevent an honest and worthy physician from following his profession, when a decision of the courts showed that they had no legal or moral right to do it. If they would spend a few hundred of their own money in the interest of sick and needy poor they would win more applause than by using the people's money to keep some rival from tramping on their professional toes.

Some of the medical laws that read: "An Act to Protect the Public Health." should read: "An Act to Bestow Certain Privileges Upon Certain Doctors and Deny to Others of Equal Learning the Right to Earn a Livelihood in This State in Their Chosen Profession." It is a good things that legislatures are not absolute, else the courts would be powerless to prevent subversion of constitutional rights in building up a medical aristocracy in a free government. Their aim is not so much to protect the public health as to create and perpetuate a monopoly in the practice of medicine and surgery and protect the doctors instead of the public. Under many of these laws a man may have entered the army as hospital steward

and by aptitude and skill in medicine and surgery there acquired, won by experience and attention to his duties, promution to assistant surgeon, and from that to full surgeon of a regiment and had the experience of many years in diseases,

Curves for Diseases of Men.

And by applicate and skin in microles are object y desistant singler y could be with the form of the second attention to desistant singler y could be diseased.

The difference between pills and musket balls, he must be suppressed for the good of the public health. He must
be difference between pills and musket balls, he must be suppression and the public health. He must
out his profession, without regard to age, service or ABILITY, and take a course form a pair of gygliases and bad
between pills and musket balls, he must be suppression embracing more age, and by applicate atta be accurse from a pair of gygliases and bad
between pills and musket balls, he must be suppression embracing more descit, quarkery and
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it is not be strained by any here and ov er by local doctors that the disease amounts to nothing. Go to them tomorrow,
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over at block and they will be and over any local doctors that the disease amounts to nothing. Go to them tomorrow,
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they must be and at the strain instances make is life misserable.

The following extract, takem word of Yaricocels are
prove mathematic and the strain mathematic and you apply and and comparison of the sexual apparatus.

The all cases of severe Varicocele there is unquestionably a marked lack of tomos of the sexual apparatus.

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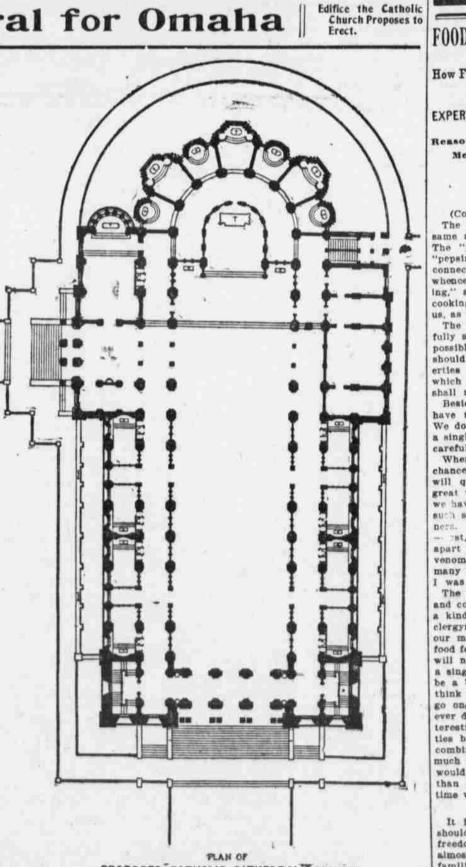
rces. We attribute our success over other physicians to the fact that we only treat a limited number of aliments. Instead of scattering our forces over the entire field of medicine and surgery, as most doctors do, we concentrate instead of scattering our forces, which we have long studied and thoroughly mastered. We therefore treat only it we are absolutely certain that we can positively cure, to stay cured. We challenge the medical profession for a of VARICOCELE, STRICTURE, CONTAGIOUS BLOOD POISON, NERVO-SEXUAL DEBILITY or allied troubles t will not readily yield to our special treatment.

We cure Varicoccle in 5 to 10 days to stay cured forever, and do not use knife, thread, draw

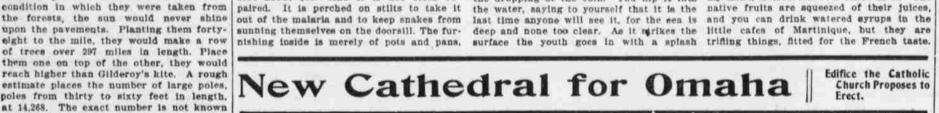
drop of bload or resort to surgery. We cure Blood Poison in 20 to 60 days; Lost Manhood in 30 to 90 days, and give a legal written guarantee in every case we accept for treatment.

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Cook Medical Company (No charge for consultation.) 110-112 South 14th St., Omaha, Neb. OVER DAILY NEWS OFFICE.



FOOD ROUTE TO HAPPINESS teid come early in the meal; just at the need to be attracted. If we have few foods end of the meal it is a bad mistake. If the we must take every pains to have them foods be wet, let dry foods be eaten at in- pleasantly and properly served. tervals. In German nature cure establish-Few Foods and Few Tastes How Far Selection and Good Cooking Conments of the best type this rule is insisted If there is any law here it seems to be on. In English households it is considered tributes to the Joys of Life. "ungenteel" to deviate from the regular that at one meal there should be few foods mode of procedure. How utterly stupid we and few tastes, however delightful these



the other side of the island. scared member from Cork. One of the stunts that the colored perwith a brogue is to dive for pennies or sil-

mer as long to drive these poles in the are sent from this country, and when one river bottom as it would for a man to prove adds freight and duty and the shopkceper's profit, it will be seen that Delmonico din-

the telephone poles and all the telegraph Still there is this advantage, that it poles in Omaha, that is, the large poles- costs little to keep house. I should judge not tadpoles-were all these planted in the that the average West Indian residence business part of the town, in the same cost about \$10. And it is not often recondition in which they were taken from paired. It is perched on stilts to take it the forests, the sun would never shine out of the malaria and to keep snakes from

"Any church," says Ralph Adams Cram,

this place?" asked Pat.

These poles are white cedar and are country, it is not unlikely that at no very only 200 will remain.

Did one person own all those poles, work for that man would be ended. They represent more than one fortune. Could a man transplant them to Hanscom park in their pative state, that man would have a home for "razor back" hogs and insects, and that is all that could live in the park. Join them together and one would have a flag pole that would sweep the skies. It would not be less than 570,720 feet in height. Spellbinders could orate about it for years and the people would not cease to wonder. Imagine a forest containing over 14,000 trees, and one has an idea of the number of telephone poles in the city, and what it would look like were they all in bloom. Were they scattered along the streets, awnings would be a nuisance. These poles would build a fence around the world. They would fence a majority of the farms in the state and make good tight fences.

Some More About Poles.

The manager of the Thomson-Houston Electric Light company stated that he did not know how many poles were in his possession. It is estimated roughly, however, at 3,000. The shortest of these is thirty feet and very few exceed sixty feet in length. This company gets its poles from Chicago, where they are shipped from Wisconsin and Michigan. The poles are fifteen inches at the base and seven at the top on an average.

The cost as much as anything else makes one not familiar with lumber companies wonder. Recently this company needed two poles seventy-five feet in height to carry a lead wire over an icehouse. These poles cost \$48 each. Poles of the regular size, between thirty and sixty feet in length, cost from \$3 to \$18 each. It is not the scarcity of the timber, not the work of getting it trimmed up in shape, that makes them so expensive, but the freight. The poles from Idaho are considered the best in the market and are the most expensive. There is one objection to these, however, and that is they carry their thickness too evenly. A pole seven inches at the top would be only nine inches at the base. For that reason the electric light company uses the Michigan and Wisconsin at each end with the ambulatorium, or poles.

The telephone company, which is newer and is supposed to set the pace, uses the the worshipers in its main body. Reached Idaho poles exclusively. This company dees not know how many poles it has in surrounding the apse are grouped memorial Omaha. In Nebraska, lows and the Black chapels. A large winter chapel is at the Hills it owns 13,700 miles of wire. A third of this, it is estimated, is strung sept of the Gothic cathedral is usually around on the streets of Omaha. It is estimated that it has not less than 8,028 poles arm of the cross are the sacristics. upon which to string this wire in Omaha.

The Western Union Telegraph company is the owner of a string of poles thirty-six ing the completion of the superstructure; miles in length in the corporate limits of and where the permanent heating and year the city and the Postal Telegraph has tilating apparatus will be placed. The privabout the same. This would mean about 540 miles of wire. The Postal Telegraph has a man out now trying to find out just how much wire and how many poles it does OWEL

RELIGIOUS.

The annual conference of Catholic legges will be held in Chicago on Ju and 10.

children of the Southern Presby Sunday schools have raised money now missionary steamer on the The

Rov. Dr. F. E. Clarke has again been hosen prosident of the United Societies of hristian Endeavor at their convention in

In all France there are about 60,000 Protestants, and during the last ten years

than this. As the altar is the center, the shipped here from Idaho, Wisconsin and culmination of each individual church, so is Michigan, and from the increased num- the cathedral the center and culmination ber being used in the various cities of the of the whole church. Structurally it is the work of generations of men striving great distant day, these forests will be- show forth in some sort the glory of the come like the famous cedars of Lebanon- heavenly city, the power of the church triumphant."

the architectural writer, in his interesting

work on "Church Building," "where the

bishop establishes his throne, becomes a

cathedral, but the cathedral line is more

It is a sign of educational progress and development when a community begins to realize these things and to call for the inception of an edifice in accordance with them, to become the focus of enlarged and united religious activities.

This has taken place in the Catholio community of Omaha. The growth of the city and increasing importance of its Catholic societies make the demand imperative The result of this feeling materialized last' week at the "retreat" of priests at Creighton college, when the design of the projected cathedral was shown by its architect to the assembled clergy. The new cathedral is to be placed at the

junction of Fortleth and Burt streets on magnificent lot in a highly Catholic neighborhood, close by the Sacred Heart convent, the bishop's residence and the homes of some of his most prominent parishioners. The style of architecture shown in the design is Spanish renaissance, which naturally prevails in Mexico and South America and is well adapted to this part of the country. Another point in favor of this style was suggested by the architect -1. e., that Spain, most deeply of Catholic countries, is also the only one whose cathedrals were all originally built for worshipers of that faith and have never been appropriated by any other. This is a point of sentiment, but as such will doubtless appeal to those who are interested in the cathedral.

A short description will properly accom pany the plan here shown.

The building is to be of gray stone, as also the structural interior portions. Its plans may be described as a great auditorium, the eastern end terminating in a round apse, enclosing the sanctuary. There are to be senting accommodations for about 1,800 persons with a total capacity much above this. Opposite the sanctuary under the western rose window, are the choir and organ loft, flanked on either side by masaive stone towers, severely simple in the shaft and richly ornamental above. Through the west portal one enters a spacious vestibule, or narthex, connecting surrounding way, by which one can make the tour of the church without disturbing from this passage on north and south and left of the side entrance, where the tranfound. Across the church, in the other

Beneath the whole is a great crypt, where ate chapels and ambulatorium will be lighted through first story side windows; the nave and anse chiefly through clerestory and the whole fireproof. windows. The main roof is in the form of a huge barrel vault with richly moulded be over 360 feet in length by 175 in width, roundings and backgrounds.

the roof of the nave rising to a height

foreign missionaries have increased the poor boy to stand beside the rich and thirty-seven to ninety-seven and their al income from \$55,000 to \$255,000.

In China there are 1.746 walled cities. In M7 of these missionaries are at work Only sighty-sight villages and unwalled towns have mission stations. Choirmaster Evans of the Metropolitan away with all class distinctions. It enables "Psychology and the Preschers" the other

PROPOSED CATHOLIC CATHEDRAL, OMAHA *THOS . R. KIMBALL . ARCHITECT-

of about 100 feet and the west towers to vantage of position to the structure, while services may be held for many years, pend. nearly double that height. The ambulator- the approaches will be made easy by many will cause you discomfort. It is not worth ium and chapel roofs flank the main build- landings and few steps. The sanctuary will while. No one has a right to make you ill, buttresses will give it ample support, via- sanctuary, where are found the high altar with the very kindest intentions. Get free real hunger. ibly as well as structurally. The roofs and blahop's throne, will be more elevated from that yoke. You can get free from it The style may be called one of brilliant contrasts rather than harmony, the orna- for nineteen private chapels, a

will be of tiles, the floors of plastic mosaic s ill, offering to all a clear view of the altar if only you show that you are healthier and thickness of the walls. The plan provides winter ribs, penetrated by the arches of the clere- ment being grouped lavishly at focused chapel and a baptistry, as well as for all story windows. The whole structure will points and thrown into relief by simple sur- other essential features of the great cathe-A high basement will give an added ad- of religious architecture.

day that a minister of the gospel "should compose his own hymns, words and music; should be a skilled art critic, have a smat-tering of architecture and be an expert psychologist."

Rev. Edmund S. Rousmanlere, who is likely to be the next rector of St. John's, Washington, was born on the same day in the same year as President Roosevelt-Oc-tober 27, 1888.

EXPERT REMARKS ON PROPER EATING

Reasons Why Variety of Foods at One Meal is Bad-Unwise Combinations Ruin Taste and

Digestion.

(Copyright, 1902, by Eustace Miles.) The Greek word for "cooking" was the same as the Greek word for "digesting." The "pep," which is seen in "peptone," "pepsine" and other derivatives, was once connected with the Latin root in coquo, whence we have our English word "cooking," and that is one of the functions of cooking-to do some of the digesting for us, as well as to improve the taste. The best kinds of food should be care-

fully selected; they should be as fresh as possible and as clean as possible, and they should be cooked with their natural properties preserved. We must keep that which is usually thrown away, and we shall need few, if any, seasonings.

Besides this, we get the full taste and have not the same craving for variety. We do not demand half a dozen flavors in a single dish, especially if we eat our food carefully.

When we combine a number of foods the chances are that at least two of them will guarrel. That is the objection to great variety at a single meal. And yet we have not studied variety. Certainly no such study displays its results at big dinners. The last which I had-six years ago - st, I think, \$7 for myself alone. Quite spart from the irritating condiments and venomous waste products, I wonder of how many irreconcilable combinations of food was the victim. The Hindus know the art of preparing

and cooking food. With them the cook is a kind of priest; and why not? As the clergyman is supposed to prepare food for our minds, so the cook actually prepares food for our bodies. The Hindu, as a rule, will not combine fruits and vegetables at a single meal, even though that meal may be a banquet of many courses. He will think out what foods should or should not go one with another. Does any hostess ever do this in America? It would be interesting to give a series of dinner parties based on scientific principles of food combinations and food values and see how much more the guests enjoyed it. Tasts would be considered even more carefully than it is now, but health for the first time would be considered also.

Choosing One's Food.

It is easy to say that each individual the strength of mind or the knowledge of should choose his own food. We talk about whatever it may be to refuse most of them freedom. In practice we are slaves. It is But take an extreme case, consider a state almost useless to urge persons who live in dinner. Then imagine yourself trying to

eat the same amount of food if it consisted families to be a law to themselves. But, fortunately, we can say something of two kinds only. It would be impossible. practical. Discard whatever is indigesti-You would be disgusted long before you had ble to you; except on very rare occasions finished a quarter of the meal. It is the let nothing induce you to take that which variety which encourages you to overeat. A high authority has said that when only ing on either side and with their vaulted be raised above the main floor, the inner not even your own family, day after day, that food hardly can disagree, if there be and rest and eat nothing again till the next

Health may be preserved or restored by itself. The confessionals will be placed in the more agreeable (or less disagreeable) most any class can produce examples of gestion? Probably most people could acwithout errors of diet. Realize this; When your devoted family says to you can do so, in spite of its frequent failures. "You must take so-and-so, or you will die,"

dral, the highest and most complete form to them, and that is, "I am in better health tirely on oats. Fruit cures have been count- against the one-meal plan except as and in better temper living in my own less, whether luscious fruits alone be taken way." To that there is no repartee worth or whether nuts be added to them. Or that purpose it is most excellent. listening to. Directly they begin to ask fruits may be combined with grains or with should suggest the approach toward the you to be unhealthy physically for their certain grains. There is a salad cure. two-meal plan, with the second meal taken sake, they might as well ask you to com- There is a vegetable cure. There is a cure at least two hours before one retires to mit gradual self-murder. Surely it is time of vegetables with meat and without pud- rest. Then there need be no heavy break-

we realized that a man has no more right ding. to poison himself that way than he has to The truest health is to have few wants. poison himself any other way.

re to The Dry Food System Whereas, that which is watery may, as

it were, flush the body as a flood will wash away filth, a dry dietary may absorb objectionable poisons and at the same time nourish the system well. The dry diet has effected innumerable cures; it must be eaten slowly-that is a physical necessity. No one can drink a hard biscuit, though some people may practically drink a plateful of porridge or an orange.

There is the story of a woman who went to a nature cure establishment in Germany. She was taken out early on her first morning there. At the end of a long walk to the woods she felt tired and hungry. All that was offered to her was piece of brown brend, dry and hard. She refused it and refused also to walk a step further. The doctor who had ac-

companied her told her that she might stay there. This, of course, she did not care to do and she began to walk back and soon asked for the bread again and ate it with comparative gusto. For a long while she was confined to this dry bread regime, with

plenty of exercise and cool water, and soon she recovered complete health and refused to go back to her old way of living. With sufficient hunger the dry foods became desirable and desired.

They need not consist solely of bread, though dry bread or biscuit or something free from moisture should be added to wet foods that we take; for otherwise we do not excite our saliva, and thus we do not digest our starch properly. The saliva also will help to fill the stomach and satisfy the sense of hunger. The food should be as nourishing as possible and should not merely be white flour. Whole wheat bis-

cuits are far better. Such a course should help to absorb what the old writers called "the evil humors of the body."

The less severe course is to reduce the number of foods which we eat.

The Few Foods Plan.

The few foods plan is not to be confused with moderation, though the two may be combined. Much food may be eaten, but the kinds of food are few. The advantage of such a mode is that the juices of the body get into a certain habit; they act regularly at certain times, in many cases they occur in increased quantities. Besides this, if we eat few foods the ap-

petite is satisfied more sensibly; there is less craving for excess. Let a meal be

usly tasting dishes, and how many have

evening without exhaustion? not possibly tell till after fair trial

and live the whole day, from morning till many different classes of few foods, al- the next morning without taxing our digreat success. The Salisbury treatment custom themselves to any system if they had the strength of mind and the patience. It consists of incompletely cooked beef and But which is best?

you have only one answer that will appeal plenty of hot water. Others have lived en-In view of the social life, I should decide temporary means of restoring balance. For

fast, but perhaps a fairly heavy meal at midday. I do not imagine that anyone The man who is not content with one or whom the two-meal plan has once really One hint here: The food abould not be two dishes at a meal may be enormously suited will care to go back to any other served in its orthodox order. Let the pro- rich, but he is not independent. Yet we plan or absence of plan.

some culinary art. Certainly the whole or most of the taste should then be extracted by careful mastication. The question is whether we should stick

an stightly to silly sustant! | tastes may be. Certainly the whole

to two or three kinds of food always. In favor of the idea is the fact that soon we are able to extract the greatest amount of benefit and of flavor from these few foods, as our digestive juices get into special training, and that we are unlikely to eat in gross excess, since the temptation is smaller and the sense of taste and the instinct of sa-

should be preserved and increased by whole-

tiety keener. But against it is the damger of becoming a slave to a narrow regime, There are some who are simply ill if they go out of their small beaten track of diet or of life. I know of one who does not dare to wear boots; he is thus cut off from much social life. He is regarded as a orank. Probably it would be the ideal to be able to enjoy a few foods, and to be able to digest them thoroughly, but not to lose the power of digesting many other foods as well.

Time for Meals.

The social difficulty also stands in the way of taking meals at the times which might otherwise be best for the individual. Except in cases where very small meals should be taken very frequently, when there is, as it were, a perpetual nibbling of tiny mouthfuls (which is far the least social of all arrangements), the tendency seems to be toward two meals a day as the best plan. A week's trial must be given before, any verdict can be passed, if only because what is called the "hunger habit." akin to the thirst of the dipsomaniac, may prevail

during that time. But how can we adopt the two-meal plan without interfering with domestic and other requirements? Perhaps the evening meal is that which we can least easily give up. Lot us, therefore, retain that, and let us consider a two-meal plan, of which the

evening meal shall form one. The Two-Meal Plan

We may give up our breakfast or lunchson, or eat a very light breakfast or lunchcon-for instance, a fruit breakfast or a biscuit luncheon-according to our individual needs and temperaments. Reformers underestimate the power of the household and of society. They do not calculate for domestic tyranny; they do not realize that the permission of those in authority must be obtained or else peace may be lost.

Otherwise the one-meal plan might be best.

The one-meal plan can be led up to provided in which there are fifteen delici- gradually through the three-meal and twomeal plans. The other two meals should become lighter and lighter by degrees, easy steps being made by fruit or biscuit meals or by some other form of small refreshment.

When should the one meal be? Is it possible to stay the whole day until the One can and at once nearly everybody calls out that a fair trial would not be worth the cost.

one good food he taken at a single meal Or shall we wait till midday, then eat midday? Or shall we take breakfast only