

Some Hints About Fruits

IT IS generally found that those who eat fruits need fewer stimulants. There are many who simply cannot combine the two together. I knew of a dipsomaniac who would drink anything rather than water, and she required something which would bite and sting and she would take red ink or in fact almost anything that was acrid. And so some fruits—at the outset, perhaps, orange fruits—might help to remove any unnatural desire for drink.

Fruits have always been agreed to be a valuable cure for invalids suffering from almost every kind of disease. Mr. Albert Broadbent, an authority on the apple, for instance, says:

"With rare exceptions, apples are good for those disposed to gout and sluggish liver and for those who follow a sedentary life. Two or three eaten at night, uncooked or baked, correct constipation. The juice of apples without sugar will often reduce acidity of the stomach, becoming changed into alkaline correctives and thus curing sour fermentation. Where unsweetened cider is used as a common beverage, stone or calculus is unknown, but how much better the fresh, ripe fruit must be!"

Oranges, again, are used as a cure for influenza, especially in Florida, which is, of course, the garden of oranges. Nearly every fruit will purify the blood, partly because of the soft water (which takes up more material in the system) and partly because of its salts. Lemon is famous for this reason.

But such fruits are by no means rich in protein. Slightly richer, though overestimated in this respect, are figs and prunes and raisins, which are among the best cures for constipation. The banana abounds in fatty and oily material, but we have exaggerated notions of its powers. It seems that the daily allowance of this fruit to workmen in tropical America is six pounds. It must possess some other useful elements besides protein to give it its staying power.

But nuts are the pre-eminence among fruits. It is on them that the apes maintain much of their vigor. Let us look at the almond for a moment. It can be thoroughly masticated or else pounded or milled.

It is rich in oil as well as in protein. Almonds and raisins, which are so often taken after a full meal, are, like cheese, absolutely a complete meal in themselves, so hideously gross is our ignorance about food values. One is reminded when one sees this extra meal of cheese and nuts, or perhaps of both, on the top of an ample, ordinary meal, of the digesting song, disgusting because it has about it the false ring of jollity and good fellowship.

Then take another.
Yes, take another.
Yes, take one more.
Not the same as before.
But another, and yet another,
For the sake of Auld Lang Syne.

It is said of the almond: "Nut-cream is recommended for brain workers. It is made as follows: Pound in a mortar or mince finely three blanched almonds (two walnuts, two ounces of pine kernels); steep over night in orange or lemon juice. This cream should be made fresh daily, and may be used in the place of butter. Milk of almonds is made of the kernels finely minced, with boiling water added. Almonds roasted to the color of amber are delicious to eat with biscuits or bread and butter. Grated in a nut mill, they are good to serve with any kind of stewed fruit. They are useful medicinally, because of their soothing and emollient properties. They should always be blanched in hot water, skins being indigestible."

Good fruits should be chosen and not pulpy and fibrous rubbish. These fruits should be carefully washed and eaten while still fresh, if possible. As to the peel, some cannot digest it; but the juice within and near the peel is valuable, and hence the peel should be boiled and the strained water taken as a drink, or at least added to some dish. We must not upset nature's balance of elements.

The fruit cure is probably the pleasantest of all. It has many varieties, oranges, apples and grapes being three of the best known kinds. There seems to be no limit to the number of illnesses which it will remedy. It may be classed as a soft water treatment (a branch of the fasting treatment) together with natural medicines.

Some Manila Statistics

MANILA, says Justicia, published in that city, is the capital of the Philippine islands and is situated on the island of Luzon, on Manila bay, and has a population of some 300,000 people, divided as follows: Natives, 225,000; Chinese, 65,000, and others, principally Americans 10,000.

It is a quaint, old-fashioned city, built upon the northeastern shore of the bay, which is nearly round and about twenty-four miles across.

The houses are principally built of manufactured stone and are one, two and three-story structures. The walls are from two to four feet thick and built to withstand the earthquakes and do—i. e., the less severe ones. The streets are tolerably straight and from thirty to sixty feet wide, with the majority of them about thirty-five feet.

The city is lighted very poorly with electric lights. There is a street car line, the cars being drawn by small ponies. The telephone system is poor. Manila has a very good waterworks system, presented to the municipality by a Filipino who has departed this life, the condition of the gift being that the poor people should always have water free, and public hydrants accordingly well distributed about the city.

The Pasig river courses through the city from the northeast to the southwest. Below the first bridge, above the mouth of the river, at the famous "bridge of Spain," the river is wide and deep and is constantly crowded with commercial boats of all descriptions. It is a sight worth a long journey to see.

The churches and cathedrals are a marked feature of Manila. Their grandeur and in many instances elegance is a wonder and surprise to the stranger. And the bells, the "beautiful bells," the devotion of the people their music for-tells. Those who do not like them think they are something "awful." Feast days, and there are many,

business in the immediate vicinity of a church has at times to be suspended during their ringing and that is many times during the day and it is not unusual for them to be heard at midnight, and they always mingle with the voices of a myriad of cocks crowing all over the city at 5 and 6 o'clock in the morning.

The people go to bed early and rise early. The first thing we hear in the morning is the sweeping of the streets or the running of the hydrant after the cock crowing and the ringing of the bells has ceased. Fires are lighted by the poorer class at an early hour, by many before it is fairly light, and the women prepare breakfast, so the men can go about the five-long day in many instances doing nothing, and an easy time they have. The women, too, for that matter. It is safe to say that there are no poor people on earth who are more content and suffer less for the necessities of life than the Filipino people. It is not because "ignorance is bliss," either. They simply obtain without much exertion the comforts of life.

The Chinese are the bone and sinew of Manila and the only people here who take kindly to manual labor. The Americans here are no fonder of hard work than the Filipino.

The "walled city" contains probably two-fifths of the population of Manila and but a small portion of the wholesale and retail business. The courts, the government buildings, both civil and military, and the principal schools are in the "walled city."

To our liking, the climate is perfect. Never hot like it is in the United States. During the rainy season there is a cleanliness and a freshness that is always inviting and the dry season is a change, but not so healthy.

This is written for the benefit of those who would like to send something truthful about Manila home and have not time or the disposition to write it.

Gentleman Jack's Death

GENTLEMAN JACK, the miners called him. He drifted into a Nevada mining camp one day and vaguely stated that he was from the west. That information was purely gratuitous on his part, as his dress, manner and speech proclaimed him a stranger to the west.

He went about the rough work of the camp heroically, relates the Detroit Free Press, keeping aloof from its dissipation and debasing influences, and at the same time maintaining absolute silence concerning his former life. The appellation by which he was known throughout the camp was applied in the first instance in a spirit of derision, but finally as the heroic qualities of the trail eastern chap became apparent, the miners, uncouth and irresponsible as they were, became impressed, and Gentleman Jack, working in silence, excited their rude admiration.

They were engaged in blasting rock one day. Perhaps the new-comer was slow, or else someone blundered. In any event when

the force of the explosion was spent Gentleman Jack was found crushed beneath the weight of a huge boulder. Prompt assistance was rendered, and at first they deemed him dead. Finally strained respiration was discovered and eagerly the miners gathered about him as he lay prone on the ground.

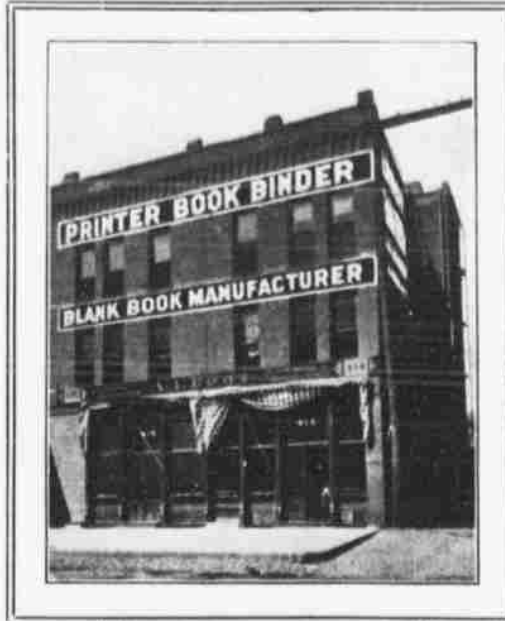
Painfully, yet in a measure sweetly spoken, they came: "Our Father which art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive them who trespass against us, and lead us not into temptation; but deliver us from evil, for Thine is the kingdom, the power and the glory for ever and ever."

The last word was uttered in the faintest whisper. No amen was necessary, for in a moment Gentleman Jack was dead.

He lies buried on a green hillside in the strange land of his adoption, but his death caused his former companions to realize that a hero had lived in their midst.

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