

# DIET AND HEALTH

By DR. J. T. ALLEN  
Food Specialist

Author of "Eating for a Purpose," "The New Gospel of Health," etc.

## 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 pulp, its mastication before entering the stomach it tends to pass out before being properly digested, for the pylorus tends to open when the food is in a pulp, produced by the movement of the stomach and the action of the gastric fluid. Hence many authorities say that meat should be boiled as the water awakens 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 rice in the stomach is completely mixed by the movement of the stomach. If now the homogeneous mass is retained for a longer time, it undergoes fermentation. If the meat is carried into the intestines within two hours its digestion must be imperfect, failing to produce the normal 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 compound of proteid, fat, and meat and rice would not be prescribed to be eaten together.

Proteid foods (meats, eggs, beans, etc.) digest primarily in the stomach; carbonaceous foods (fruits, potatoes, cereal foods, etc.), principally in the intestines. 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 sustains life on 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, and in nature, becomes a prey to an almost infinite variety of diseases when he becomes the prey of circumstances omnivorous. A high percentage of the diseases of the pig says that they are due to his 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 secretions, 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. 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 time that we live negatively among those people whose diet is the simplest. Metchnikoff has found the largest percentage of centenarians among the Hungarians, peasants, living largely on black bread. Among the Irish peasants, 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 his life, 80 years by restricting his diet to a uniform quantity of eggs and unfermented wine, almost exclusively.

Beverly, accordingly, it is 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, gaining eight pounds in weight, working 84 days, two nights and several evenings extra during the period. On 40 days' diet of oatmeal there was a gain of three pounds and better general condition of health. Dr. Landons of the University of California 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 in 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; 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-brother system of education has prevented their dominating the world. The Japanese, living largely on a monodiet of rice, with better mental condition, but fat 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 cranks.

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

The human system has developed a wonderful power of adaptation to environment, food included. Evolution has resulted in a man inhabiting almost 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 also of the city woman who may dine at home today and to-morrow at the church, and of the business man or woman who eats at a restaurant here, and at a hotel there, and so on. The average person has in eating is that of having no system, comparatively speaking.

If, however, change 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 the system to become unbalanced, because the habitual user of intoxicants finds on discontinuing his daily two or three glasses of beer, wine or whiskey, that the smoke 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 because they do not feel so well when they discontinue it—for a few days.

Eating or drinking any particular food or drink 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-third, 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 danger of something being lacking for some time. It does not necessarily follow that something else is really needed, but only that the habit of eating more than one article is being changed.

Suppose, for instance, that there is a crying demand for food during the first few days of a diet, but that after the fourth day there may be no call for food for 30 days or more.

In adopting a complete new diet, the law of gradual change applies as in dealing with the coffee article. The drugists or Howard Bros., Buffalo, N. Y.

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

FILES CURED IN 8 TO 14 DAYS. PAINS OUTRAGED. I guaranteed to cure any case of Files, Rheum, Neuralgia, Migraine, Sciatica, in 8 to 14 days on money refunded.

### A VARIETY OF EXPEDIENTS.

Little Sinner Was Providing for Future Emergencies.

Muriel, a five-year-old subject of King Edward VII., has been thought by her parents too young to feel the weight of the rod, and has been ruled by moral suasion alone. But when the other day, she achieved disobedience three times in five minutes, more "ignominious" measures were called for, and her mother took an ivory paper-knife from the table and struck her smartly across her little bare legs. Muriel looked at the ivory paper-knife and explained the reason for the blow. Muriel thought deeply for a moment. Then, turning toward the door with a grave and disapproving countenance, she announced in her clear little English voice:

"I'm going up-stairs to tell God about that paper-knife. And I shall tell Jesus. And if that doesn't do, I shall put fannel on my legs!"—Everybody's Magazine.

### COZEMA ALL OVER HIM.

No Nights' Rest for 2 Year and Limit of His Endurance Seemed Near.—Owes Recovery to Cuticura.

"My son Clyde was almost completely covered with eczema. Physicians treated him for nearly a year without helping him any. His head, face, and neck were covered with large scabs which he would rub until they fell off. Then blood and matter would run out, and that would be worse. Friends began to see him and said that he got well he would be disgraced for life. When it seemed as if he could possibly stand it no longer, I used some Cuticura Soap, Cuticura Ointment, and Cuticura Resolvent. That was the first night for nearly a year that he slept. In the morning there was a great change for the better. In about six weeks he was perfectly well. Our leading physician recommends Cuticura for eczema. Mrs. Agie Cockburn, St. Louis, O., June 11, 1917."

### LOVE'S SACRIFICE.

"What's do matter, Regina, have you sworn off smokin'?"

"Yes, you see, I'm engaged now, and my fiancée objects to a disagreeable habit."

"Quaint."

Prof. Brandon Hathway, the brilliant writer and teacher, was discussing literary quaintness at Columbia. In illustration of the quaint he said: "A little girl I know was very bad one day. She was so bad that, after corrections failing, her mother took her up to her room to whip her. During this proceeding, the little girl's older brother opened the door and was about to enter. But in her prone position across her mother's head the little girl twisted round her head and said severely:

"Eddie, go out! Can't you see we are busy?"

Appearances.

A Little Margaret and her mother, while out walking, approached a particularly thin and bearded organ grinder with his monkey, and her mother gave her a penny to bestow on the unfortunate animal.

She hesitated a moment before presenting her alms, then gravely asked:

"Shall I give it to the monkey or to his father?"—Lippincott's.

Worth its Weight in Gold.

PETTIFIT'S EYE SALVE strengthens old eyes, tones up eye circles, weak watery eyes. Drugists or Howard Bros., Buffalo, N. Y.

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

FILES CURED IN 8 TO 14 DAYS. PAINS OUTRAGED. I guaranteed to cure any case of Files, Rheum, Neuralgia, Migraine, Sciatica, in 8 to 14 days on money refunded.

### FACT VERIFIED.

Kid—Say, mister, got change for five dollars?

Kind Gentlemen—Yes, my boy; here it is.

Kid—Thanks, boss; I just wanted to see it. I'd kinder got to thinkin' dere wasn't dat much money in circulation!

BRASS OR GOLD CITY OF TORONTO.

FRANK J. CHERRY states that he is a member of the firm of J. C. CHERRY & Co., doing business in the City of Toronto, Ontario, and that he has a son, a boy of five years of age named FRANK J. CHERRY, who has the habit of carrying a small gold coin about his neck. He has a photograph of this gold coin and every day he takes it to school with him.

FRANK J. CHERRY writes to inform me that he is my grandson, one year of age, born on Dec. 10, 1916.

A. W. CLEASON, Notary Public, 422 St. Nicholas St., Toronto, Ont., Canada, to be taken internally and used directly upon the blood and mucous membranes of the system. Send for information, P. O. Toronto, Ont., Canada. Take Little Family Pills for constipation.

### HOPELESS CASE.

Ribelberta is a doctor's daughter just past six, which throws a side light on the story of the Philadelphia Public Ledger tells about her.

On her sixth birthday Ribelberta's father gave her a little ring with a tiny pearl in it. Not very long after that the pearl disappeared, and when she appeared in her father's office, looking very woebegone.

"O, daddy," she said, "I've lost the little pearl out of my ring!"

Important to Mothers.

There is a great bottle of CASTORIA a safe and sure remedy for infants and children, and see that it bears the signature of J. C. Ayer & Co., Lowell, Mass., U.S.A.

In The Toy Over 50 Years.

The Kind You Have Always Bought.

All Conventions Observed.

Wife in Convent—Who is this Kitty you and your friends talk about at our club? Is it proper for a young woman to call her?

Husband (innocently)—Perfectly proper, my dear. There is an "ante" there to chaperone this KITTY.

ONLY ONE "HIMMO QUININE" THAT IS WORTHY OF THE NAME. Find the world over "Dr. Williams' Pink Pills for Pale People." This is Dr. Williams' Pink Pills for Pale People.

### FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulcers, 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 a Free Book. She has guided thousands to health. Address, Lynn, Mass.

### Kemp's Balsam

Will stop any cough that can be cured by any medicine and cure coughs that cannot be cured by any other medicine.

It is always the best cough cure. You cannot afford to take chances on any other remedy.

KEMP'S BALSAM cures coughs, colds, bronchitis, croup, whooping cough, and all other lung troubles in first stages.

It does not contain alcohol, opium, morphine, or any other narcotic, poisonous or harmful drug.

We Teach Telegraphy Quickly and Cheaply. We teach you how to use the Morse and Vail Systems. We teach you how to use the Morse and Vail Systems. We teach you how to use the Morse and Vail Systems. We teach you how to use the Morse and Vail Systems.

**DODD'S KIDNEY PILLS**

ALL KIDNEY DISEASES. BRONCHITIS, ASTHMA, DIABETES, BACON, GRAVEL, etc.

375 GUARANTEED

### SICK HEADACHE

Positively cured by these Little Pills.

They also relieve Discomfort from Dyspepsia, Indigestion and Too Heavy Eating. A Perfect Remedy for Headache, Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Yellow Streaks in the Eyes, Pain in the Back, Stomach, and Liver.

Small Pills, Small Dose, Small Price.

GENUINE MUST BEAR FAS-SIMILE SIGNATURE.

REFUSE SUBSTITUTES.

### TOBACCO'S TOBACCO

MAKING CHEW AND SMOKE

TOBACCO

"Merit Proved by Test of Time"

### Western Canada the Best West!

"The Last Best West"

THE GOVERNMENT OF CANADA now gives to every actual settler 160 acres of wheat-growing land free and an additional 40 acres at \$3.00 an acre. The 30,000 contending American settlers in the West come in Western Canada as the best evidence of the superiority of that country. They are becoming rich, growing from 25 to 50 bushels wheat to the acre; 60 to 110 bushels oats and 45 to 60 bushels barley; besides having splendid herds of cattle raised on the prairie grass. Dairying is an important industry.

The crop of 1916 will keep Western Canada in the lead. The world will soon look to it as the food-producer.

"The thing which most impressed us was the magnitude of the country that is available for agricultural purposes."—National Geographic Corporation.

Low railway rates, good schools and churches, healthful environment, prices the highest, climate perfect.

Land for sale by Railway and Land Companies. Descriptive pamphlet and maps sent free. Also a list of the names of the agents for the settlement of immigrants, Ottawa, Canada, or the Dominion of Wales, Australia, New Zealand.

J. B. BOWEN, 611 Merchants' Loan & Trust Bldg., 200 West 11th St., Winnipeg, Minn., or T. G. CHURCH, 200 1st Street, Minneapolis, Minn.

### For Sale

Four hundred acre farm with 1000 bushels of hay and 100 acres of timber. Also a small farm of 100 acres. The entire farm has just been thoroughly drained and will produce \$20 per acre. Cash balance one, two and three years at 4% interest. Terms of all selling. \$50 to \$100 per acre. This is a big bargain.

F. H. MERRICK, Owner, Stevens Point, Wis.

### PLANTEN'S BLACK CAPSULES

Superior Remedy for Rheumatism, Gout, Sciatica, Neuralgia, Headache, Toothache, Pain in the Back, Stomach, and Liver.

PARKER'S HAIR BALM

Keeps the hair from falling out. Promotes its growth. Gives it a natural, healthy appearance. Cleans the scalp. Removes dandruff. Makes the hair shine and grow thick.

### YOU HIDE TANNED

WASH YOUR FACE, WASH YOUR FACE, WASH YOUR FACE. Use the oldest brand doing this kind of work. Are you sure you have the best? THE WORTHINGTON ALGER CO., Milwaukee, Wis.

### I HAVE FOR SALE

A limited amount of stock and first mortgage bonds bearing a 6 per cent. interest well established Canadian industrial interests.

W. W. JONES, 108 St. Nicholas St., Chicago, Ill., or 108 St. Nicholas St., Chicago, Ill.

### TO CALIFORNIA Across Salt Lake by Rail

The Overland Limited

Famous Here and Abroad Leaves Chicago Daily

Composite Observation Car, Pullman Drawing-rooms and Compartment Cars, Dining Cars, all electric lighted and well ventilated. Library, Smoking Rooms—everything pleasant—makes your journey delightful. No excess fare.

### Union Pacific, Southern Pacific

Electric Block Signal Protection—the safe road to travel

Send twelve cents in postage for book entitled, "The Overland Route to the Road of a Thousand Wonders."

E. L. LOMAX, G. P. A., Omaha, Neb.

### MAKE POCKET MONEY

Send for the Standard Catalogue of Valuable Articles of every kind. The Standard Catalogue of Valuable Articles of every kind. The Standard Catalogue of Valuable Articles of every kind. The Standard Catalogue of Valuable Articles of every kind. The Standard Catalogue of Valuable Articles of every kind.

### THOMPSON'S EYE WATER

Restores vision. Relieves eye pain. Removes eye inflammation. Cleans the eye. Relieves eye fatigue. Restores vision.

THOMPSON'S EYE WATER