DIET AND HEALTH

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THE SIMPLE DIET

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

Food is digested chiefly in the stomach by the action of the gastric fluid. Which must of course flow into the stomach in order to be mixed with the food before it can be digested. For the pylorus tends to open when the food is sufficiently reduced by the movement of the stomach and the action of the gastric fluid. Hence some authorities say that meat should be eaten as the first solid food, this being large pieces. This is scientifically correct, but the very opposite is true of bread and potatoes.

Flesh digests in from three to five hours, then remains in the stomach about one hour. When flesh and rice are eating at the same meal, there is a conflict. The meat and rice are completely mixed by the movement of the stomach. If now the homeopathic mess is retained four hours, the rice must undergo fermentation. If the meat is carried into the intestines within two hours, the starchy food must be imperfectly digested for want of the proper supply of gastric fluid—an error which cannot be fully corrected by further direction in the intestines.

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

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

It is natural to suppose that a hungry animal under natural conditions would confine itself to one kind of food. Neither man nor the pig is naturally omnivorous. Acorns are the natural food of the pig, which, like man, becomes a prey to an almost infinite variety of diseases when he becomes by force of circumstances omnivorous. A high authority on the diseases of the pig says that they are due to 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 direction of the food while it is in the mouth, the character of the digestive fluids secreted varying with the food. How bewildered it must be by a ten-course dinner offering perhaps 50 different articles of food!

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

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

Necessarily the infant's food must contain all the elements essential to life and growth; but these are harmoniously combined as are all the elements of nutrition, except fat, in wheat. Yet skimmed milk (from which the animal fat, not easily assimilated, has been extracted) is more easily digested than entire milk. White bread, from which the proteid has been largely removed, digests more easily than entire wheat flour bread, toasted white bread (without butter) being a common diet for invalids, yet cornmeal bread, which is almost pure proteid, is easily digested.

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

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

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

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

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

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

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

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

In living on one article of diet, even milk, or wheat, or fruits, which may supply every element of material nutrition needed by the system, there is a craving for something else for a time. It does not necessarily follow that something else is really needed, but only that the habit of eating more than one thing is calling for satisfaction. It is well known that there is a crying demand for food during the first few days of a fast, but that after the fourth day there may be no call for food for 30 days or more.

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

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

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

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

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

TRY QUENELLES OF POULTRY.

Left-Over Chicken or Turkey Excellent for This Dish.

Remove all skin and bones from a chicken or remains of roast or broiled Turkey. Put into a saucepan a gill of water, a pinch of salt and a small piece of butter. When boiling, stir in as much flour as will form a paste. When it is cooked and smooth put it away to get cold, then take half the quantity of butter that you have of chicken and half the quantity of paste you have of butter. Put the paste into a mortar, pound it well, then add the butter, pound it again, then add the chicken and pound all again for ten minutes, add one whole egg and the yolks of three, salt, pepper and a little grated nutmeg. Work all well together, pass through a wire sieve and stir in half a gill of cream. Shape the quenelles with two tablespoons, place them in a well-buttered saute pan, leaving a clear space on one side. Put a good pinch of salt in that space, then pour in sufficient boiling water to cover the quenelles and leave them to poach for ten minutes. Drain them carefully on a sieve and serve with tomato sauce.

The Home.

To cover the pan in which fish is cooked will make the flesh soft.

Honey should be kept in the dark. If exposed to light it will quickly crystallize.

Wooden tubs are much used for washing glass and delicate china, as there is far less risk of breakage.

If the wooden chopping bowl is stood upside down when not in use there will be no danger of its splitting.

Raise some okra in your garden. Dried it keeps indefinitely and is the best flavor soup and bouillons can have.

A pinch of borax stirred into a quart of milk will keep it sweet, if you object to the taste of it after boiling.

Lemons that have become hard from long standing can be made usable by covering them with boiling water for a few minutes.

The creaking of a door can be stopped at once by rubbing the hinge with a piece of soap or with the lead of a black lead pencil.

To clean paint use powdered whiting on a damp cloth, rub evenly with the grain of the wood. This will not spoil the paint in any way.

Making Cream Whip.

Many housekeepers who like whipped cream as an accompaniment for broths, chocolate or desserts think they must order cream of a special richness. This generally must be done the day before and always cost double the price of ordinary cream.

One young woman discovered last winter a way of easily making her daily supply of cream whip. She merely added a teaspoonful of granulated sugar to every pint, had it ice cold and quickly whipped it to a thick froth in the churn.

A special whipped cream churn is, by the way, an investment that pays for every housekeeper. The old method of using a fork and skimming off froth as it comes to the surface is a waste of time that the modern woman cannot afford.

Removing Paint.

It is difficult to remove dry paint from a material, yet this is recommended. Hold the article over steam until the paint is softened, then rub with a cloth dipped in kerosene. Repeat this until the steam and kerosene remove the stain or until the paint is weakened so that it can be removed with gasoline. Kerosene will often loosen paint and always without injury to the color. Many recommend hot turpentine, but it might explode and is extremely dangerous in the hands of an amateur.

Maple Apples.

Core and pare eight quick cooking tart apples. Let simmer in a cup each of maple sugar and water boiled together for two or three minutes until nearly tender, turning the apples often to avoid breaking. Set the apples in an enameled pan and press into them chopped almonds; dredge with grated maple sugar and brown. Serve warm with whipped cream.

Giblet Gravy.

Clean and wash the giblets and put them up to boil in a small pot well covered with water, and season them with salt and a little pepper. Let them boil till tender, then drain off the broth, but do not throw it away. Chop up giblets fine and put back in broth, make gravy in your usual way, strain, and when ready to serve add your chopped giblets.

Scrambled Eggs with Peas.

Take six eggs, one tablespoon of butter, three tablespoons of milk, salt and pepper and one-half pint of cooked peas. Heat butter and milk in pan. Break eggs in pan and stir until mixture thickens. Drain off liquid from hot peas, which are in another pan, and stir them in eggs. Serve hot.

To Save Steps.

One way to save steps is to nail a strip of varnished wood to the wall above the gas stove. Screw in a row of brass hooks and use them for iron spoons, strainers, broilers, small spiders and any utensil that goes direct from hook to stove.

To Serve on Toast.

Dried bread is toasted and covered with cooked asparagus; or, cold boiled or roasted meat chopped and fried in gravy is delicious on toast if served real warm.

IN THE LIMELIGHT

NEW NAVAL ASSISTANT

Herbert Livingstone Satterlee of New York, son-in-law of J. Pierpont Morgan, assistant secretary of the navy, is a member of the law firm of Ward, Hayden & Satterlee of New York city. He is not identified with any of the enterprises with which his father-in-law is connected. He is a director in the India Rubber and Gutta Percha Insulating Company, but beyond that is not interested in any corporation.

He was graduated from Columbia in 1883, and distinguished himself in the School of Political Science, where he received a degree. He was admitted to the bar in 1885, and entered the law office of Evarts, Choate & Beaman. In the following year he became secretary to Senator Evarts. He was active in the organization of the naval militia, and when he became a colonel on the staff of Gov. Morton he was appointed the navigating officer of the First naval battalion.

Mr. Satterlee married Miss Louisa Pierpont Morgan November 15, 1900. The wedding was the most noted social event of the year. The alliance was presumed to mark a closer business relationship between the brilliant young lawyer and the leader of the financial world in America, but Mr. Satterlee followed the path he had laid out for himself and depended on his own capabilities for success, although this was questioned when, as a director of the Trust Company of the Republic, he was concerned with the plan to relieve that corporation of its underwriting obligations with Louis Nixon's shipbuilding trust, which had been controlled by Mr. Morgan ever since its organization.

Mr. Satterlee's most conspicuous place as an organizer was taken when he became one of a committee formed to reorganize the Knickerbocker Trust Company. The committee became known as the Satterlee Committee and was the representative of the depositors. Mr. Satterlee devised the plan opposing a permanent receivership and advocating resumption to avoid a sacrifice of assets. The temporary receivers were discharged March 25 last and the doors were reopened the next day.

IMMIGRATION COMMISSIONER

Daniel J. Keefe of Detroit, the new commissioner-general of immigration, holds one of the most important federal offices in the gift of the president and the most important of its kind in the world.

Less than 25 years ago this same Daniel J. Keefe was a Chicago dock-walloper, using his rugged strength to shove lumber. Recently the term dock-walloper has come into reproach, for it suggests now unsteadiness in habits. "Big Dan" Keefe—or O'Keefe, as he spelled his name then—was never that kind of a laborer. He was always the best type of longshoreman and, while the massive strength of his squat frame was being used to load and unload the vessels of the Chicago port his busy brain, endowed with some of the same virile characteristics that marked his physical self, was planning and scheming for the advancement of himself and his co-laborers.

Strong, almost rough and brutal in his methods, and with the tenacity of a bulldog, "Big Dan" fought for the organization of the longshoremen, and he not only won out, but, with the aid of others, formed an international organization which, including other branches of vessel workers, became one of the biggest labor trusts on record and eventually forced a tight clamp on maritime commerce.

In a few years "Big Dan," the lumber shover, became the dictator of the lakes with whom the powerful Lake Carriers' association was obliged to confer, and his power extended even up and down the coast and into Canada and South America. The laborers who depended for their daily bread on his executive management numbered from 75,000 to 100,000 men.

Mr. Keefe has been the president of the International Longshoremen, Marine & Transport Workers' association since its formation in 1892, and he has been president of his local for 20 years. He has been holding office for nearly 27 years. During that time he has been one of the principal forces in perfecting the organization of the huge body. He was recently one of the industrial peace commission of nine men of international reputation.

Mr. Keefe succeeds Frank P. Sargeant, who died a few months ago.

YOUNG BRITISH SUFFRAGIST

No woman on the American continent is attracting so much attention as Mrs. Philip Snowden, the beautiful young British suffragist, who has come to the United States to tell American women how to secure their "rights."

Endowed with a power of oratory and eloquence which would be even remarkable in a man, possessed of a personal magnetism that can sway tremendous throngs of either sex, and possessing a physical beauty that makes her noticed in any assemblage, the young advocate of suffrage for the gentler sex has found no difficulty in making her mark in this country during the few weeks she has been in the western hemisphere.

Before a brilliant audience of New York's most prominent men and women a few nights ago, Mrs. Snowden made her first American speech, and Carnegie hall rang with her praises.

On first seeing Mrs. Snowden one is simply impressed with her overpowering beauty. A mass of fair, wavy hair surrounds a face at once placid, gentle, and humorous, while every line denotes sincerity and power.

She has had a remarkably active life, and although she has spoken in practically every English industrial center and for ten years has been a potent factor in the British labor movement, she is well on the sunny side of 30 years.

Educated to become a school mistress, she first became prominent through her letters in the Liverpool Daily Post in defense of the pro-liquor attitude of Dr. Charles F. Aked, the British minister, now pastor of the Fifth Avenue Baptist church in New York. Her powers of oratory were first discovered when she addressed a meeting in Pembroke chapel in behalf of the preacher.

Her husband is one of the leading members of the labor party and an influential member of the house of commons. He is a cripple, and on account of his physical infirmity Mrs. Snowden fills his speaking engagements. It is said she is the only English speaking woman not possessed of a title or of some eccentricity who can always draw a large audience of members of both sexes.

KNIGHTED BY KING EDWARD

Sir Thomas Barclay, the well-known British philanthropist and peace advocate, was made a baronet by King Edward on the occasion of his majesty's birthday anniversary. The compliment extended to Sir Thomas is one that is handed out in lots of a dozen or so by the British ruler on each birthday, much as other and earlier rulers have made it a point to open up the prison doors to certain classes of convicted political and civil offenders upon smaller occasions.

In the present instance, however, the world will agree that the royal honor was well bestowed. Sir Thomas has been one of the most prominent citizens of the United Kingdom for his work in behalf of international arbitration, not less than for his own legal and general learning. He has visited several different countries to urge the adoption of an international peace and arbitration agreement that would result in gradually eliminating war. He was in the United States for some weeks a few years ago urging with great persuasiveness a new treaty with his own country in the furtherance of fraternal comity and peaceful settlement of all disputes.

LOVE'S SACRIFICE.

"Wat's de matter, Reginald, have youse sworn off smokin'?"

"Yes. You see, I'm engaged now, and my fiancee objects to a disagreeable breath."

Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good Starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

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

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

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