

## DIETETIC RULES.

Solid and Liquid Food that Benefits or Injures Health.

This subject should comprise everything that we take either as food or as drink. I must here warn my readers against taking drinks that are not foods but poisons. These drinks are all the fermented ones, such as ales, wines and spirits. There are a few drinks that people often indulge in that are harmful to the body. I now refer to tea and coffee. If these are taken in large quantities, or at all strong, they exert a most injurious effect on the human body. True, they do not make a man go home and assault his wife, but they deaden his faculties, paralyze thought, unsteady the nerves, and in many ways make man less of a man than he should be.

The dietetic rules I advise my patients to follow are these: Take three meals a day only, about five hours apart; eat the food slowly, chew it well, stop at the first feeling of satisfaction, eat brown bread always and drink cocoa chiefly. Three meals a day are as many as any one in robust health can dispose of; two might suffice, but I find three fair meals allow me to be always clear and bright and ready for work soon after meals, and keep my body in good condition. I advise them to be taken about five hours apart, as food requires from three to four hours to digest. I think it only fair to give the stomach a little rest in between. Some may find this long at first, but a little practice will soon make it right for them. The practice of taking food every two hours or so is most injurious, sets up a false craving and puts persons in a low way if they cannot get food at these short intervals. The reason for eating slowly is to gently fill the stomach, and when it has had enough it will cry "stop." Thorough mastication of the food is most important, as it prepares it for stomach digestion. The saliva has also a wonderful property of changing some of the starch of the food into sugar, which is thus soon absorbed, and gives immediate force to the system. When our stomach has received as much food as the body requires it makes us feel satisfied; to eat more is doing ourselves injury, as we then eat more than the stomach can digest and our bodies require. We may as a rule trust our appetites to be our guides if we will but eat plain food, but if we add seasonings, pickles, sauces, etc., we create a false appetite and overeat. As long as a person is plain bread and butter hungry he may eat. Any person who values his health will never eat any other bread but the brown wheatmeal or wholemeal bread. It is a perfect food in itself and contains all the elements for heating the body, supplying it with muscular force, and it has in it all that is requisite for our bones and bony structures. It also causes daily action of the bowels, a most important function this, and when natural a great aid to keep well. Cocoa should be drunk at least once a day, as it has none of the injurious properties of tea or coffee, and if drunk weak and not too sweet, is not at all bilious. At breakfast one may have brown bread and butter, one cup of cocoa and an egg if desired, while a little fresh ripe fruit is an important addition. Another breakfast is oatmeal or wheatmeal porridge and milk; to insure mastication eat the porridge with a little bread finish up with stewed fruit and bread. No drink is required if this last breakfast is eaten. The use of bacon, ham, fish or meat at breakfast is not advisable, as these things more or less waste the vital powers and are not necessary. Those who are engaged at the desk all day may take a light lunch at noon, consisting of brown bread and fruit or a salad, or a poached egg, or some milk pudding; for drink they may have cocoa, milk or lemon water. Those who dine now may eat four ounces of lean beef, mutton, poultry, game or fish, and two vegetables always, such as greens and potatoes. As a second course there are the various milk puddings or stewed fruit and bread. Batter puddings, suet dumplings, Norfolk dumplings and Yorkshire puddings should only be indulged in by persons of strong digestion and laborious occupation. For drinks take water or lemonade. At tea time we may take weak tea, coffee or cocoa, brown bread and butter, with some kind of green stuff, as a salad, tomatoes, cucumbers, fresh or stewed fruit, or milk pudding. Fish, potted meats, etc., are not required at this meal, and do more harm than good. This should be the last solid meal; at nine or ten p. m., a drink of cocoa, lemonade, or other fruit drink may be taken, but no solid food. Suppers mean restless nights, dreams or nightmare, tired feeling in the morning, nasty taste in the mouth, no desire for breakfast, and more or less miserable feelings.

**Fertility of Resource.**  
The following took place in one of the junior departments of our public schools:  
The teacher was hearing a class of little fellows recite a lesson and detected one of them doing something wrong. He stopped and asked what he would do with the boy. There was silence for a while, which was broken by a little fellow, Jimmy C., who said: "Lay him over the desk." Shortly after the teacher detected Jimmy in the same offense, and he remarked: "I'll lay you over the desk after school." Some time afterward there was a great deal of laughter among the youngsters, and the teacher asked what it was all about. For some time there was no answer, but at last a little fellow said: "I'll tell you what we are laughing at; Jimmy has put two copy-books on the place where he is going to get the licking."—*Victoria Colonist.*

**Sudden Changes of Weather** cause Throat Diseases. There is no more effective remedy for Coughs, Colds, etc., than BROWN'S BRONCHIAL TROCHES. Sold only in boxes. Price 25 cts.

**Popular Education.**  
We sympathize with the feeling which often leads citizens to boast that no child born in this country need grow up in ignorance, and yet it is a fact that many people who have learned to read and write have never taught themselves to think. A man who suffered from catarrh, consumption, bronchitis, scrofula, or "liver complaint," might read till his eyes dropped out, how these and many other diseases have been cured by Dr. Pierce's Golden Medical Discovery, but if he did not take the lesson to himself and test the virtues of this great medicine, his time would be thrown away.

**FOREIGNER.** Ah! cher monsieur, I forget ze your name, eet iz so queer and strange—He—My name is Smith.—*Town Topics.*

## THE LAST LAUGH.

Consternation in the Congregation—The Wisdom of the Innocents.

Adjoining an out-of-the-way, but favorite, summer resort, is a little chapel in which religious services are held occasionally, as clergymen can be obtained, during the pleasure season.

A visiting divine consented to preach one Sabbath last summer, and, notice being given, quite a congregation of hotel guests and resident neighbors assembled. In opening the services the preacher suggested that, as the chapel was provided with no musical instrument, perhaps some one present would start a hymn, in which the congregation could join. A brief pause ensued, and then the congregation was convulsed at hearing an old lady strike up, in a cracked voice,

"Believing we rejoice  
To see the cuss removed."

As no one "joined in," the old lady did not proceed far with the hymn, and an awkward contretemps seemed imminent. The clergyman was quick-witted, however, and turned the ludicrous incident to good account. He quietly arose and announced as his text the words, "Believing we rejoice," from which he preached an excellent sermon, one that, under the peculiar circumstances, made a deep impression.

The old lady will probably never know why she caused such a sensation. She lived in the neighborhood, and being accustomed to the pronunciation "cuss" for "cure" sang it that way.

Homespun people often run counter to some of the common customs, or time-worn prejudices of society, and are laughed at. Sometimes they are right, and society is wrong. When new and valuable ideas are evolved in the progress of the world's thought, those who first believe in them are often subjected to ridicule. But it is those who believe who have occasion to rejoice.

Mr. A. Way is a prominent farmer at Navarro, N. Y., who was prostrated with kidney disease, and reached a point where "the doctor said he had done all he could." Feb. 25, 1883, he writes: "As a last resort I began the use of Warner's safe cure, and to-day I am hale, hearty and happy." October 13, 1887, he again writes: "If it had not been for your wonderful discovery of Warner's safe cure I should have been in my grave to-day. I am, to all appearances, as free from any trouble of the kidneys as any man living. The doctor who doctored me and said I must die has since died with Bright's disease!"

The honest old farmer was doubtless derided and laughed at by the medical man, and many of his friends, when he announced his determination to try Warner's safe cure, a proprietary medicine; but he is alive and well to-day, while the physician who laughed at him is dead.

**So Little of Now in Life.**  
There is so little of now in our lives! It is always "to-morrow." Ralph Waldo Emerson has likened to-day to a king in the disguise of a beggar who comes to our doors, and waits patiently for that which we may have to give. Wee to him who sends this royal mendicant away empty handed; for under his common, perhaps ragged, garment he wears a priceless robe whose hem we should be glad to kiss as we welcome him in.

There is so little of now in our religion. It is next Sunday's affair. Next Sunday we will put on our soul's best clothes, partake of the bread and wine, and get so near Heaven that our very gloves and bonnet strings will exhale sanctity. "Peace on earth, good-will to men," will beam from our homeward turned faces, and a good dinner and an evening of pleasant repose will tend to assure us what very good people we are, to be sure! thus to have spent a day in the service of the Lord. We shall feel comfortably convinced that we have, somehow, honored the Lord's day and kept it very holy indeed.

—*Emily Leland Moore, in St. Louis Magazine.*

**Preparing and Spinning Flax.**  
Flax gives us two classes of yarn, namely, linen or line yarn and tow yarn. The processes of preparing linen yarn are very similar to those of preparing worsteds; of course, the machines are different in their construction, because of the difference in the length and character of the fiber. Flax is "hackled," beat or crushed, to make it flexible; it is then "scutched," an operation equivalent to combing. In some cases the fibers are too long to work; they are then broken by a "saw." After the scutching the short fibers are carded for "tow" yarn in the same manner as the "noil," or short fibers of wool after combing, are carded for woolen yarn.

**A Natural Result.**  
The conversation had been about children in general, and the mother told the following story about her own child, a little tot not more than 3 years of age: "The other night she was kneeling by my side and saying her prayer of 'Now I lay me down to sleep.' She got as far as 'if I should die before I wake,' when she stopped, and, being in a hurry to place her in bed, I said: 'Well, go on; what comes next?' The little eyes were sparkling with earnestness and deep thought, and after having apparently settled the question in her own mind she said, in her baby way: 'A fooner!'"—*Philadelphia Call.*

A FRENCHMAN, aged 87, still amuses himself by breaking colts up in New Hampshire.

"Ah me!" sighed Potts, "I'm tired of living. The world is hollow, ambition's vain." "Come now!" said his chum, "I know the symptoms." "It's all your liver—that's very plain. 'You need not suffer, for help is easy; Pierce's Pellets go right to the place. A friend to the bilious, I well might call them—There's nothing better; they'll suit your case.' Potts ceased his sighing and bought the 'Pellets.' No more he mourned his hapless lot! His face is cheerful, his heart is lightome. His melancholy is quite forgot!

THERE is one good thing about violin-playing—it keeps up the dead cat market.—*Puck.*

DR. SAGE'S Catarrh Remedy cures when every other so-called remedy fails.

RED pepper may not be a great luxury, but, nevertheless, it makes one's eyes water.—*Puck.*

## AN OPEN LETTER

From Rev. J. Roberts, Pastor First M. E. Church, Fremont, Mich.

Rheumatic Syrup Co., Jackson, Mich.: GENTLEMEN—My daughter Maud has used Hibbard's Rheumatic Syrup and Plasters, which you so strongly recommended her to try. It has now been about eleven weeks since she commenced, and her inflammatory rheumatism is nearly broken up. Her limbs were badly swollen, and the poor girl was in terrible agony. In the midst of the pain we wound the Plasters about her limbs, and, as a result, the swelling was reduced and she became quiet and rested. The Syrup corrected her indigestion, cleansed her rheumatic poison from her blood, and she is now able to be around the house. She still uses the Syrup and Plasters, and will continue to do so until entirely well. We consider Hibbard's Rheumatic Syrup and Plasters remedies of great merit.

REV. J. ROBERTS, PASTOR FIRST M. E. CHURCH, FREMONT, MICH., Oct. 26, 1887.

LITTLE things upset the plans of little men; but solid honesty stands solid to the end.—*Philadelphia Record.*

**In General Debility, Emaciation, Consumption, and wasting in children, Scott's Emulsion of Pure Cod Liver Oil with Hypophosphites is a most valuable food and medicine. It creates an appetite for food, strengthens the nervous system, and builds up the body. Please read: 'I tried Scott's Emulsion on a young man whom physicians at times gave up hope. Since he began using the Emulsion his blood has cleared, gained flesh and strength, and from all appearances his life will be prolonged many years.'—JOHN SULLIVAN, Hospital Steward, Morganza, Pa.**

IN lovemaking, it is a less misfortune to fail with the right person than to succeed with the wrong one.—*Life.*

A Letter from the Pastor of the M. E. Church, Franklin, Oakland Co., Mich., Dec. 2, 1887.

Rheumatic Syrup Company: DEAR SIR—Mr. A. West, of this place, furnished me one bottle of your Rheumatic Syrup. Have taken about two-thirds of it. Before taking it the slightest change in the weather affected me very much. I am now almost entirely free from the awful twinges of rheumatism, and changes in the weather do not affect me.

S. A. LONG, PASTOR OF METHODIST CHURCH, FRANKLIN, MICH.

THE receipts of a walking match are properly called gait money.

**Consumption Surely Cured.**  
To the Editor:—Please inform your readers that I have a positive remedy for the above-named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy FREE to any of your readers who have consumption if they will send me their Express and P. O. address. Respectfully,  
T. A. SLOOUM, M. C., 181 Pearl St., N. Y.

THE fruit poddler never resorts to legal measures.—*Puck.*

## Dyspepsia

Does not get well of itself; it requires careful, persistent attention and a remedy that will assist nature to throw off the causes and tone up the digestive organs till they perform their duties willingly. Among the agonies experienced by the dyspeptic, are distress before or after eating, loss of appetite, irregularities of the bowels, wind or gas and pain in the stomach, heart-burn, sour stomach, etc., causing mental depression, nervous irritability and sleeplessness. If you are discouraged be of good cheer and try Hood's Sarsaparilla. It has cured hundreds; it will cure you.

**Hood's Sarsaparilla**  
Sold by all druggists. \$1; six for \$5. Made only by C. I. HOOD & CO., Lowell, Mass.

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Use STEKETEE'S PIN WORM DESTROYER, sure cure. Price 25 cents.

## HIS PHOTO.

The venerable benefactor of mankind, intent upon his good works, is known as we see him here. His familiar face and

form have become a trade mark, and the good he has done is illustrated in the following marvelous instance: Jan. 17, 1883, George C. Osgood & Co., druggists, Lowell, Mass., wrote: "Mr. Lewis Dennis, No. 136 Moody st., desires to recommend St. Jacobs Oil to any afflicted with rheumatism, and desires especially to say that Orri Robinson, of Grantville, Mass., a boy of 12 years, came to his house in the summer of 1881 walking upon crutches, his left leg having been bent at the knee for over two months and could not be bent back. He could not walk upon it. Mr. Dennis had some St. Jacobs Oil in the house and gave it to him to rub on his knee. In six days he had no use for his crutches and went home well without them. He has been well since St. Jacobs Oil cured him." In July, 1887, inquiry was made of the Messrs. Osgood to ascertain the condition of the little cripple, which brought the following response: "Lowell, Mass., July 9, 1887.—The poor cripple on crutches, Orrin Robinson, cured by St. Jacobs Oil in 1881, has remained cured. The young man has been and is now at work every day at manual labor. Dr. George C. Osgood, M. D." No other remedy can make the same showing.

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Isuffered from catarrh 12 years. The droppings into the throat were nauseating. My nose bled almost daily. Since the first day's use of Ely's Cream Balm I have had no bleeding, the soreness is entirely gone. D. G. Davidson, with the Boston Budget.

A particle is applied into each nostril and is agreeable. Price 50 cts. at druggists; by mail, registered, 60 cts. ELY BROS., 235 GREEN ST., NEW YORK.

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Don't deceive yourself or allow others to deceive you by telling you it is too high priced. SPURTS OF FALLING SICKNESS are DEAR at any price—GENUINE ARTICLES are CHEAP at any price. Dr. Cady's Catarrh Cure is GENUINE, and worth TEN times the price. Sent with full directions, by return mail, to any address in the United States or Canada, upon receipt of 25c. Druggists not allowed to handle it.

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