

The Ligonier Banner

LIGONIER, INDIANA.

BRIEF NEWS NOTES FOR THE BUSY MAN

MOST IMPORTANT EVENTS OF THE PAST WEEK TOLD IN CONDENSED FORM.

ROUND ABOUT THE WORLD

Complete Review of Happenings of Greatest Interest from All Parts of the Globe—Latest Home and Foreign Items.

WASHINGTON NOTES.

President-elect Taft decided to visit Texas some time after his inauguration, preferably at the end of the special session of congress.

The Panama canal will be opened January 1, 1915, according to an official communication received by the California promotion committee from Joseph Buckline Bishop, secretary of the canal commission.

Andrew Carnegie appeared before the house committee on ways and means to testify about the tariff on steel and made an entertaining but not instructive witness.

Figures gathered by the bureau of statistics show that the average American citizen consumes half his own weight in sugar every year and Uncle Sam's sugar bill averages \$1,000,000 a day.

Rear Admiral Charles S. Sperry, commanding the American battleship fleet, called the navy department that the fleet made its departure from Colombo, Ceylon, for Suez.

Dr. Harvey W. Wiley, chief of the government bureau of chemistry, recommended that the further importation of absinthe be prohibited.

William H. Taft, president-elect of the United States, announced the appointment of United States Senator Philander C. Knox of Pennsylvania as secretary of state in his cabinet.

That the United States should have the right of appeal to the federal supreme court as a matter of right whenever a conviction is reversed on appeal by a defendant to a circuit court of appeals, is the opinion expressed by Atty. Gen. Bonaparte in his annual report, submitted to congress. He cites of the reversals of the fine of \$29,240,000 against the Standard Oil Company.

PERSONAL.

H. Barr Elliott, formerly assistant cashier of the First National bank of Eufaula, Okla., was arrested on information charging him with the robbery of that bank on the night of December 14 last.

William H. Newman resigned as president of the New York Central, the resignation to take effect February 1 next.

John T. Adkinson, recently elected captain of the United States marshal on capias issued by the federal grand jury at Waco, Tex., charging embezzlement of government funds.

S. C. Lillis, a wealthy banker and stock man of Lemoore, Cal., was sentenced to six months in jail and fined \$1,000 for illegally fencing public lands.

William A. Dolph of the firm of Neil-Dolph, lumber dealers of Memphis, Tenn., was arrested in San Francisco on a Memphis warrant charging him with embezzling \$10,000.

Wilbur Wright, American aeronaut, set two new records at Le Mans, France, by remaining in the air nearly two hours and then ascending 360 feet.

Fred Lied, formerly member of the Columbus (O.) board of control, was sentenced to four years in the penitentiary for accepting a bribe.

GENERAL NEWS.

President Castro of Venezuela is charged with forming a conspiracy to assassinate Acting President Gomez, who arrested the ringleaders single-handed. Castro's trial of credit was canceled. Gomez suspended the Willemstad decree and took steps to settle all Venezuela's quarrels with other nations. It was believed Castro would never return from Europe.

Gov. Hoch of Kansas pardoned John Collins, serving a life sentence in the Kansas state penitentiary for the murder of his father, J. S. Collins, a wealthy real estate and insurance man of Topeka, in 1898. One of the witnesses against Collins has admitted his testimony was perjured.

The United States Steel Corporation is planning to build a \$10,000,000 town at the head of Lake Superior, about six miles from Superior and Duluth, similar to Gary, Ind.

Two little children were cremated when the home of Edward Toner was burned in the village of Interlachen, Mich.

Abe Raymer, alleged mob leader in the Springfield (Ill.) riots, was convicted of the larceny of a colored officer's sword.

Robbers raided the State bank at Ceresco, Ia., and secured \$3,000.

Edward Parks, who threw a bottle at the opening baseball game of the Central league season at Grand Rapids, Mich., last May and killed Willie Haverkamp, a small boy, was found not guilty of manslaughter.

The Virginia & Rainy Lake Lumber Company was formed at Duluth, Minn., with \$20,000,000 capital and Edward Hines of Chicago as president. F. E. Weyerhaeuser is treasurer.

The nine-hour day law for workers in the British coal mines was passed by parliament.

William R. Kelley, cashier of the Union Pacific railroad at South Omaha, committed suicide at his home in that city by sending a bullet through his brain.

Six hundred pupils calmly marched out of the high school at Altoona, Pa., which was on fire.

Fire partly wrecked the Herald Square theater in New York. The flames broke out before the performance was over, but through the coolness and bravery of the actors and employees the audience was got out without knowing of its peril.

Leonard Smith, son of Chief of Police Smith, Charlie Moore and his brother, Virgil Moore, were killed and Policeman Cain Walters fatally wounded in a four-cornered pistol battle fought in Ocala, Fla.

Federal authorities began an investigation of the packing industry in Chicago. Dora Fair, 16 years old, and Lewis Rogers, 23 years old, Cherokee Indians who eloped from Chouteau, Okla., were arrested in Kansas City, Mo.

Six severe earthquake shocks threw the people of Virginia City into a panic.

Elbert Hubbard, author and lecturer, was badly crushed by a falling tree near East Aurora, N. Y.

The increase in the alien population of the United States in the year ending September 30 last, was only 6,298.

Mrs. Helene E. Annis took the stand in the trial of Thornton J. Hains at Flushing, N. Y., and gave a long and dramatic account of the slaying of her husband, W. E. Annis, by Capt. Peter C. Hains, Jr., brother of the defendant.

Acting President Gomez of Venezuela ousted all the members of Castro's cabinet and formed a new ministry.

The actual manufacture of steel was begun in the new town of Gary, Ind. On charges of bribery and conspiracy, President William Brand of the common council of Pittsburgh, Pa., six members of the finance committee of the common and select councils, and W. M. Ramsey, president, and A. V. Vasek, cashier, of the German National, one of Pittsburgh's leading banks, were arrested.

Mrs. Emily Crane Chadbourne of Chicago completed the payment of \$152,820 to the government and has possession of the valuable tapestries and art works seized by customs officials when they were imported from England last July.

Dr. Stiney, president and one of the receivers of the Chicago Great Western railway, resigned his receivership of that road and H. C. Burt was appointed to the place.

Seized with a sinking spell while driving an electric automobile, Mrs. Clara Courtwright, aged 60 years, of Waterloo, Ia., fell from the machine and was run over by it and killed.

The Frankfurter Zeitung learns from a reliable source that Austria-Hungary is prepared to grant Turkey \$20,000,000 as compensation for the annexation of Bosnia and Herzegovina.

Citizens of Havelsok, Neb., enraged because the Lincoln Traction Company refused to reduce the fare to Lincoln, tore up the tracks and tried to burn the company's barns.

Harry K. Thaw, the slayer of Stanford White and now confined in the state hospital for the criminal insane at Matteawan, N. Y., cannot be taken to Pittsburgh to testify in bankruptcy proceedings, according to a decision handed down by the United States circuit court of appeals in Philadelphia.

The new municipal council of Lisbon, Spain, has unearthed a \$7,000,000 boodle scandal.

The jury in the case of state agent James H. Parrish, an Owensboro (Ky.) banker, charged with receiving a deposit when his bank, the Owensboro Savings Bank and Trust Company, was insolvent, reported that it could not agree, and was discharged.

Father James A. Kelly of Paterson, N. J., on his way to Ireland, fell or jumped overboard from the steamer Arabic and was drowned.

Six robbers, after dynamiting the safes of the Farmers' State bank at Keene, Neb., and the Commercial bank of Gibbon, Neb., engaged in a pitched battle here with a number of citizens and escaped in an automobile with \$5,000.

Enraged because his former sweetheart, Miss Maud Hartley, had married him, James B. Harmon, the 18-year-old son of Police Sergeant James M. Harmon, shot and killed her on the street in Somerville, Mass.

The four men convicted in the Pennsylvania capitol fraud case were sentenced to two years in the penitentiary, \$500 fine and costs, the maximum punishment allowed by law, and were released on \$100,000 bail on superseades.

Frank Cain, city marshal of Higbee, Mo., was shot and probably fatally wounded and Elmer Magruder was instantly killed in the city jail by three men whom Cain had arrested on a charge of robbing a railway station at Salisbury, Mo.

Eleven deaths have occurred and 13 men are seriously ill at Keithley camp, Mindanao island, as a result of the men of the Eighteenth Infantry drinking calumbe acid, a vegetable compound extracted from the calumba root.

The Council of Jewish Women, through Dr. Cornelia H. Kahn, chairman of the committee on purity of the press, has issued an appeal to newspapers for the elimination of indecent details in the published evidence at murder and divorce trials.

Arizona Lyle, a St. Louis carpenter, and his brother, William A. Lyle, a railway clerk, have been informed that they are part heirs to an estate in the heart of Wilmington, Del., worth \$80,000,000.

Patrick Green of Montreal, a peddler, was killed near Plaster Rock, N. B., by highwaymen who made their escape with a valise said to contain \$2,000.

It is feared that the anti-foreign movement at Canton, originally caused by the death of a coolie on the steamer Falshan, will culminate in an outbreak against all foreigners.

OBITUARY.

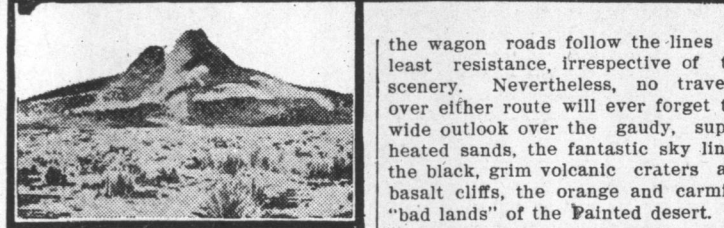
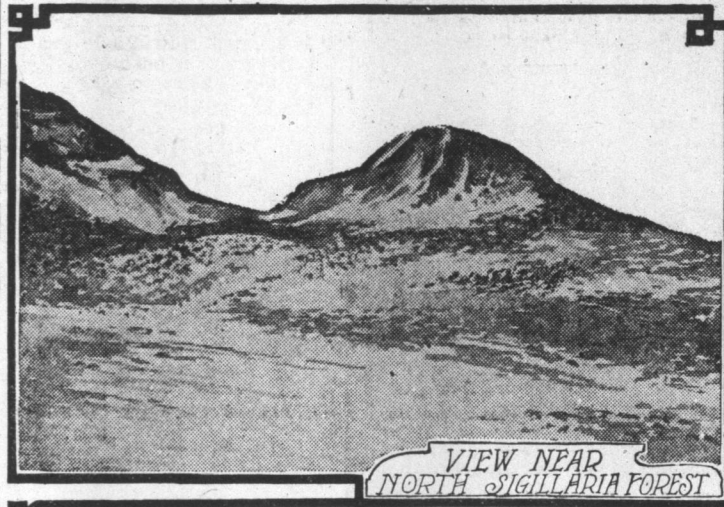
Mrs. Caroline T. Orthwein, a wealthy society woman of St. Louis, died in her automobile while returning home from a Christmas shopping tour.

Mrs. Joseph W. Whann, U. S. A., retired, of Salem, Ill., dropped dead on a Washington street.

William Ives, 106 years old, died at his home in Fredonia, N. Y., after a brief illness. He was a vegetarian and never required the services of a doctor until within the last few months.

THE PAINTED DESERT AS A PARK

ARIZONA SEEKS ITS PRESERVATION BY NATION.



TWIN BUTTES NEAR INDIAN WELLS.

If present plans do not miscarry, and if the people of Arizona are permitted to have their way, a little corner of the Painted Desert, equal to two townships in area, will soon be declared a national monument, and set aside for preservation forever in its present condition, for the use and enjoyment of the whole people.

There is no more beautifully indefinite term in American geography than "the Painted Desert." There are railroad maps that confine the name to a narrow strip of territory along the Little Colorado river; but anyone familiar with the southwest knows that there are at least a half score of other regions of equal or greater extent fully as deserving of the title. George Wharton James defines the Painted Desert region as extending from the Rio Grande west to the Calico mountains, the Salton sea, the Mojave desert. Its northern limits are somewhere among the plateaus of southern Utah, while its southern boundary must be sought somewhere down in northern Mexico. It includes the Colorado desert, the Grand canyon, the Mongolian plateau, the Tonto basin, the Verde, Hassayampa and Salt river valleys, the Petrified forest and the Superstition mountains. Not all of this vast region is desert in character, and only a relatively small portion of its desert expanses deserves to be described as painted.

Yet the conditions of color and barrenness that first suggested the name exist in places throughout this whole vast stretch of country. Parts of it are as fertile as any of the world's garden spots. It contains some of the noblest virgin forests in America, including a number of national forests, aggregating many millions of acres in extent. It is crossed by the Continental divide. The lofty peaks of the San Francisco and San Mateo mountains, as well as the lesser heights of the Zuni, Superstition, Mogollon, Pinal and other ranges are within its borders. It is crossed by one of the great rivers of America—the Colorado; and a hundred smaller streams, such as the Little Colorado, the Gila and Virgin rivers, Bill Williams Fork and Havasu, Walnut, Oak, Willow, Diamond and Bluewater creeks drain other portions. Portions of the desert area are mere wastes of natural sand—but other portions are chaotic "bad lands," upon which the Master Painter of the universe has spread a divine harmony of color that shames the wildest flights of the imagination.

Transcontinental travelers never fail to wonder at and admire the standing rocks, red cliffs, black lava, precipices, extinct volcanic craters and tall white walls that lend variety to the view the whole way from Isleta to Gallup. West of the Colorado river, the chocolate-colored mountains and hills that shade from gray to black, and from brown to crimson compel the notice of the least observant. All these are of the Painted Desert—but they are no more than tantalizing hints of the greater glories that lie beyond the car window perspective.

Most of those who forsake the Pullmans and ever after board of a close view of the Painted Desert inspect it only as an incident of a trip to the strange towns of the Hopi Indians—a long and wearisome journey of a hundred miles or more from Canyon Diablo, Winslow or Holbrook. The portions one sees on such a trip are not those most worthy of inspection—for

the wagon roads follow the lines of least resistance, irrespective of the scenery. Nevertheless, no traveler over either route will ever forget the wide outlook over the gaudy, super-heated sands, the fantastic sky lines, the black, grim volcanic craters and basalt cliffs, the orange and carmine "bad lands" of the Painted Desert.

Its coloring is as rich as that of the Grand canyon, and more varied. The prospect is limited only by the powers of human vision. The winds and storms and rushing waters of ages have chiseled basalt, clay and sandstone into images, columns, monuments, towers and strange, fantastic forms that have no names. Irrespective of its coloring, it would deserve to rank among the world's wonders. Yet its coloring is the greatest wonder of all. Here may be seen a red wall 500 feet high and 100 miles long. Yonder is a coal black cliff of hardened lava rising from a valley floor of snowy alkali. From any vantage point, one may survey a glowing landscape that shows 100 shades of pink, gray, red, chocolate, carmine, crimson, mauve, brown, yellow and olive. Near Indian Wells is a fascinatingly interminable line of tall rock sentinels, all garbed in different hues, on guard in this land of enchantment. No wonder the Spanish explorers, when they first beheld it more than 350 years ago, named it "El Pintado Desierto."

Nine miles north of Adamana is Dead River canyon, from the rim of which one obtains a view of the Painted Desert that can hardly be matched for scenic interest. The river requires not more than two hours over a road that derives more than ordinary interest from the circumstance that it crosses the old Central Overland stage route, the far western extension of the historic Santa Fe trail. Although this has not been traversed for more than a quarter of a century, the deep rut worn by the wheels of the stage coach, freighting caravans and prairie schooners of the emigrants, bound for the far-off land of gold in the exciting years that began with '49, are still plainly visible.

Just on the brink of the canyon is an ancient cedar tree, the only one for miles around. Tradition has it that here was the famous rendezvous and camping place of a band of desperadoes and cattle rustlers that terrorized this part of Arizona for many years. Hence the spot is locally famous as the "Robbers' Roost."

To describe even the small portion of the Painted Desert visible from Robbers' Roost is as hopeless as to describe an Arizona sunset. As far as the eye can carry is a succession of buttes, terraces and castellated hills that seem to be the fingers of the rainbow. Pervading the scene is the mystic purple haze of the arid lands that blends chaos itself into a symphony of color more celestial than of this sordid earth. Away off to the northwest is a black, flat-topped mesa, beyond which lies the land of the Hopi Indians.

To the north is the land of the Navajos—the American Bedouins. But this is desolation itself, unshaded even by the hardy tribes that find in the desert a congenial home. At one's feet is the sandy, boulder-strewn bed of a forgotten river whose healing flow ceased ages ago, when this gorgeous land of thirst bore a far different aspect—green with tropic vegetation and melodious with the songs of birds. From the parched desolation rise shimmering waves of heat, and one shrinks from the descent into the canyon as from a fiery furnace.

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 Hungarians—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. Landons of Los Angeles, Cal., reported a gain in weight living on oatmeal 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, peas,

nuts, meat or graham bread advisable.)

The question naturally arises: Are not most of our foods complex in themselves, including milk and that nearest the perfect food, wheat?

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 monodiet, but a continually changing diet. This is true not of the traveler only who may lunch in Chicago and dine in Kalamazoo, but equally of the society woman who may dine at home to-day and to-morrow 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.

DIET AND HEALTH

By DR. J. T. ALLEN

Food Specialist

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

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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 oldest habit. But if improvement is desirable it must be made 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 fine pulp by mastication before entering the stomach it tends to pass out before being properly 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 meat in the stomach that meat should be boiled as the dog swallows 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 meat and rice are completely mixed by the movement of the stomach. If now the homogeneous mass is retained four hours, the rice undergoes fermentation. If the meat is carried into the intestines within two hours its digestion must be imperfect, failing to receive the proper 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 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; carbonaceous 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 subject of the pig says that they are due to its being fed upon the waste human foods from our tables.

It is a peculiar fact that the digestive organs of the pig very closely resemble those of man. Acorns and a few roots are the natural food of the wild pig. In his natural state there is no healthier animal; and in his domesticated state none more pitifully diseased, except, perhaps, man. Lucretius, the Latin poet, says:

Soft acorns were man's first and chiefest food. And these red apples that adorn the wood. The nerves that joined their limbs were firm and strong: Their life was healthy, and their age was long.

Returning years still saw them in their prime: They crept 'e'en the wings of measuring Time: Nor colds, nor heats, nor strong diseases wait; And tell and news of coming hasty fate: Nature not yet grew weak, not yet began To shrink into an inch the largest span.

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 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 Hungarians—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.

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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.

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 an 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 craving 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 gradually should be the change. A person of nervous temperament should change more slowly than a phlegmatic 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 forsakes it. One must be careful, however, lest "the last state be come 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.

MADE-TO-ORDER TOWN

HOW THE QUAKER CITY WILL TRY TO SOLVE DOMESTIC PROBLEM.



In an attempt to solve a great domestic problem the board of city trusts in Philadelphia has undertaken the erection of a model town within two miles of the geographical center of Philadelphia. This community is to be supplied with heat and light and hot water from a common center, and the item of rent is to cover total cost of these conveniences. Briefly, the plan is to give every family interested in the enterprise a separate and distinct home of the very highest character at the very lowest rental, and to apply the greater economic principle of concentrated power with a view to reducing the cost of heat and light and hot water to the minimum.

The chief purpose of this novel experiment is to earn increased revenues for the Girard estate. Stephen Girard, in his will, stipulated that not an inch of land owned by him at the time of his death should ever be sold, and the board of city trusts, which represents the city of Philadelphia, the Girard estate and eight or ten other states, a quasi-public character, is forced to utilize to the best possible advantage miles of land in undesirable situations in and about Philadelphia and other miles of land in the anthracite region. The capitalized value of the Girard estate is now in excess of \$25,000,000, and the income is far greater than the demands made upon the estate.