

# Diet Hints

By DR. T. J. ALLEN,  
Health Culture and Food  
Specialist.

(Author of "Eating for a Purpose," etc.)

**F. X. A. Antipathy to Certain Foods.**—Even a teaspoonful of honey always makes me sick. I know that this is not imagination, for my wife, who doubted it, tested it by disguising the honey in syrup, and the effect was the same as when I knew that I was eating honey. I have known others who had similar experiences. What is the cause of this antipathy, and how can it be overcome?

Ans.—No explanation has been given, so far as I know. Probably this is only a pronounced form of dislike for certain foods, good or bad. Some time ago, I studied the case of a friend who had acquired an absolute distaste for pork, and to a smaller degree, for all other meats, because he had been made sick by eating fresh pork. I know another man who is nauseated by the thought of eating oysters, because he was once made very sick by eating them. Probably these innate objections to certain foods are the result of some record, often hereditary, of severe sickness, due to over-eating a particular article or to eating it at the wrong time. These registers are of course subjective; we do not know of them until, by chance, we eat the particular food to which the antagonistic record exists. The effect will be the same whether we know we have eaten such food or not. The memory of the subjective mind is perfect. Probably these peculiar tendencies could be overcome by suggestion and by beginning with a very small amount of the food and increasing it gradually, but there would be no particular benefit, as a rule, in doing this, and it might be harmful. It is not necessary to eat everything. Such antipathy is never found with bread, sugar, nuts or other substantial natural food.

**H. L. M., Insomnia.**—I am troubled with insomnia. Has diet any bearing on this? Please explain.

Ans.—The cause of sleeplessness is wrong feeding, foul air, want of exercise, mental excitement or some irritation due to abnormal condition of the physical organism or to defective functioning of the organism. The ultimate cause is, of course, abnormal mental condition. The radical cure consists in complying with all the conditions of complete nutrition, with special reference to the one or more that may be particularly violated. By getting the necessary detailed information and perhaps by making a physical examination, your local physician can determine what may be required in this direction and tell you how to restore the normal condition. It is not wise to take a drug to allay the abnormal activity of the nervous system which causes the excessive flow of blood to the brain because such drugs always work injury, although the necessity for sleep in severe cases may occasionally warrant their use. The simplest and most effective superficial cure is to eat a very light supper, toast, a poached or whipped egg or only a few prunes; drink nothing later than five o'clock, except to take a little warm drink after eating, or a cup of cocoa or lemonade immediately before retiring. Sit with the feet in hot water for ten minutes before going to bed. Take a brisk rubbing with a rough towel and cool water, distributing the circulation. The electric vibrator would be beneficial in producing the same effect. On lying down assume the easiest possible attitude. Instead of fearing that you may not sleep, assume a mental attitude of indifference as to whether you sleep or not. Having assumed the most comfortable position turn the eyes up as if looking directly overhead in a perpendicular line. Imagine that you see pigeons being liberated from a tall building and count them, one by one, as they fly away up, and when you fall asleep and wake again repeat the same process. This occupies the attention and the imagination with the least possible effort.

**W. H. S., Food and Thought.**—About a year ago, I found myself in poor condition, hardly able to do my work as a salesman in a store on account of nervous exhaustion. My attention was called to the importance of proper eating which, like most people, I had till then given no attention. I changed my diet, and soon found considerable improvement, but I was not satisfied. I was not as well as I had been while working as a collector. I happened to read about a manuscript supposed to contain some sayings of Jesus not found in the New Testament. I got from this the idea that the healing power is within, and I am now better than I have ever been before, enjoy life, and cannot imagine myself as being sick, as I was for more than two years. Should I credit my improvement to the food that gave me the start, or to the suggestion that gave me the finish? I am advising others and I want to know I am right. I can eat anything now, and have no fear of being sick, and say to others, "Eat anything and think right."

Ans.—You would not say that you live on air. Poisoned meat would affect you as much as anybody. The right mental condition is important, but nothing can annul law; as a man eats, so is he. I have often worked hard and

failed to impress upon a nervous person that nature "intends" us to be healthy if we only give up our fears and recognize that she aims to make the circulation perfect, to digest our food perfectly, to give us restful sleep, with just the same care that she makes the rose bloom, forms the dewdrops, and germinates the wheat, if we will but harmonize with that beneficial desire of hers. Yet I have failed to induce this thought so as to make it effective in restoring normal conditions, because the liver was congested, the brain beclouded, hope deferred, the heart sick, as a result of wrong eating. Food influences thought. It is the man whose liver is congested who thinks the moon is made of green cheese in his dreams. Yet this same person, when his brain clears of the effects of auto-intoxication becomes more hopeful, grasps the thought and is well. May not this have been true in your case. I have seen this demonstrated many times. Let us not say that air is more important than food, for they are both necessary, except to emphasize the importance of pure air. Food could not be utilized without air, but how long could a man utilize air without food?

I think the relations between food and thought are similar to those between air and food. Thought is more important than food, but if you say that since you think right you can eat anything, you are no more right than if I were to say that, since I eat the right food (so far as I know) I can breathe any old air, even that of the black hole of Calcutta. All truth is relative; and sanity, mental and physical, is balance, seeing things in their proper relations, not denying that a thing exists because we wish to emphasize another thing or thought, which is related to it, and not saying that one thing or thought is of no importance because another thought, related to it, is more important. The star that you are looking at through the telescope is more important than the sun to you, for the time being, and for your present purpose, but you cannot eclipse the sun by thinking that it does not exist.

## HOME LIFE OF THE VEDDAS.

Wild People of Ceylon, Who Inhabit Caves, Have Many of the Primitive Virtues.

Of the curious customs observed by the Veddas, or wild people of Ceylon, a traveler writes: "All the men came to meet us and led the way to the caves, which were completely hidden by a thicket. On the rocky platform in front of the cave the men all surrounded us shouting to their women to come and see their 'white sister-in-law' or 'cousin.' Veddas have always been renowned for their truthfulness, and this reputation we are able to indorse. Each community has its own hunting ground, and adheres strictly to its own game rights. Upon each hunting ground there are a number of caves and rock shelters, and the families of the community move from one to another throughout the year, as the presence of game, honey, yams or fish demands. The big caves are communal property, the smaller caves usually belong to single families; but even in the communal caves each family has its particular place in which its members sleep, cook, eat and keep all their belongings."

"Each family respects the privacy of its neighbors' few feet of the cave floor as faithfully as if partition walls existed; only the children roam all over the cave at will. Food, however, seemed to be public property, for one woman would cook food and share it with every one present in the cave. This may probably be explained as follows: The communal caves are situated in common hunting ground; therefore all the game, yams, iguanas or honey brought in from the common land is the property of the community, not of the man who procures it."

"I have stated that the smaller caves are usually private property. It would probably be more correct to say that Veddas possess private hunting grounds on which very frequently there are small caves, such caves being then the property of the owner of the land. When a man is living in his own cave in the midst of his own hunting ground the produce of the chase would naturally be his own, though shared with any one living with him. Women and children always fared as well as the men, and the former would be fed first in any time of scarcity. Indeed, the dainties were often saved for the children."

**Marketing a New Product.**  
Mrs. Dexter, from somewhere "down-stats," was enjoying her first ride in a crowded street car in Chicago. It happened that a health officer, in the performance of his regular duties, was taking a sample of the air in the car. Mrs. Dexter saw his manipulations, but could not understand them, so she turned to a policeman who was sitting next her.

"I beg your pardon," she said, "but can you tell me what that man is doing?"

"Yes, ma'am," answered the officer. "He's bottling th' atmosphere."

"For mercy's sake!" exclaimed Mrs. Dexter. "What won't they do next? Do they can the air and sell it now-a-days?"—Youth's Companion.

**With an Object in View.**  
Deacon Hardesty—Mr. Muntoburn, you must come to our church next Sunday morning. The Rev. Dr. Upliff is going to preach for us.

Mr. Muntoburn—I'm not sure I have ever heard of him. Is he such an eloquent preacher?

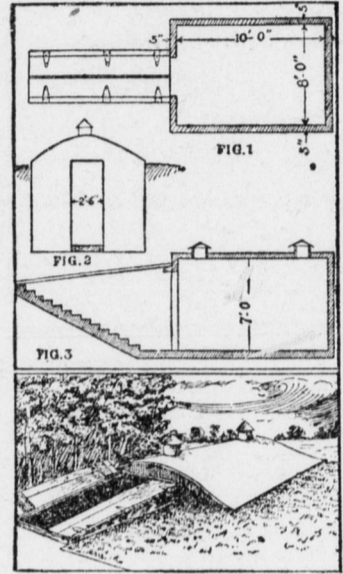
Deacon Hardesty—I don't know about that, but he's the most wonderfully successful—er—church debt raiser there is in the country.

# ROAD AND FARM IMPROVEMENT

## A CYCLONE CELLAR.

Detailed Plans for Construction of Underground Room in Case of Tornado.

Many farmers on the western plains have cyclone cellars. When boards and timbers are used to construct the walls the wood will rot out in a few years and have to be renewed, says Concrete Review. The accompanying



Plans for the Cellar.

illustration shows a cellar whose walls and roof are built of concrete. The walls are five inches thick and can be made by digging the hole sufficiently large to construct false work and leave an open space of five inches for the concrete. The roof is arched and the concrete can be put on false work to the proper thickness and smoothed over on the outside with a trowel. Tile with metal coverings over one end are fitted in the top of the arch for vents. Fig. 1 shows the plan of the cellar with proper dimensions, Fig. 2 the doorway and Fig. 3 a cross section through the center. There is no danger of the roof blowing away or being caved in with a piece of flying timber.

## SHEEP KILL WEEDS.

Will Follow Furrow and Eat Roots of the Wild Morning Glory Vine.

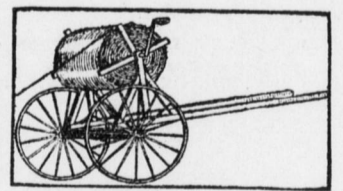
We have had no experience with Canada thistles for there are none in this section of the country, but the wild morning glory vine is here in plenty, and apparently here to stay. However, the best way to handle them is to pasture the field with sheep, says a writer in the Farmer's Review. They will keep them from going to seed. In the spring when plowing for corn if you can have a flock of sheep with you they will follow in the furrow and eat the roots which are very tender as they are plowed up. They are very fond of them and will do a good job of cleaning up.

The great trouble with the morning glory is that it keeps coming and after the corn is laid by will run up the stalk and smother the life out of it. The vine is very bad in small grain and meadows and the remedy that will kill them will be a great thing for many farmers. The sheep in the fall will eat the vine and all the seed if one pastures the corn stalks with them. If one has lambs you can turn them in the corn in August or September and they will clean up the morning glory and not hurt the corn.

## USEFUL WIRE REEL.

A Convenient Device That Saves Barbed Wire Fencing from Becoming Tangled.

Here is a device on which we can wind barbed wire which is much better than an old barrel. The reel is mounted on a truck made of old buggy wheels with short shafts. The



Saves Old Wire Without Kinking.

cart may be drawn along by a man while a boy steadies the reel to keep it from unwinding too rapidly. For winding up wire the machine is best pushed just fast enough to keep up with the wire as it is being wound on the reel. A crank placed upon the reel proves serviceable in winding up

## Corn Silage for Hogs.

A swine grower says that he has tested feeding some corn silage to his hogs, along with corn meal, and finds that they thrive well, and by feeding them mixed with clover hay run through his cutting box the pigs grow more rapidly. He says the silage keeps them in good condition, being succulent, like grass, and fed with the dry foods keeps them healthy.

## MIXING OF CONCRETE.

Importance of the Proper Mixing of Cement for Culverts and Bridges.

A writer in a pamphlet issued by an eastern cement company lays much stress upon the importance of the proper mixing of concrete for highway bridges or culverts. This writer points out that the proportion should be used to give the densest concrete with the maximum strength of the concrete. Speaking of the matter of mixing he says:

The mortar mixing of sand and cement is generally two parts of sand to one part of cement, yet mixtures of two and one-half to three parts of cement will give a mortar that is dense and for practical purposes as good on small bridges and culverts as stronger mixtures.

The stone aggregate should not be more than twice that of sand and in most cases the proportion of four parts of stone will generally make the most desirable mixture, as it allows sufficient mortar to cover all the stone and leaves no rough spots on the surface.

Mixing the concrete is a most vital thing in the life of a structure, whether large or small, and to get the mass as dense as possible.

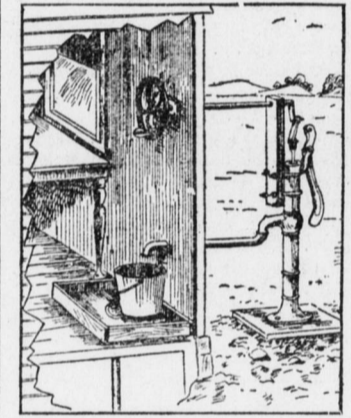
Mix well and mix we will cure many faults, so-called, in working with concrete.

Exposed surfaces of concrete may be made sufficiently smooth by spading, so as to force the stones back from the surface and allowing the mortar to crowd to the face; the forms should be sufficiently tight to prevent mortar running out. With these precautions, surfaces can be obtained that require very little patching or plastering to make a neat job.

## SHAFT WORKS PUMP.

Method of Securing Water Inside the House Without Going Outside by Means of Crank.

The accompanying sketch shows a method of operating a pump situated outside of a building while the operator is on the inside, says Popular Mechanics. This device can be used on a pump where the well is close to the house. A shaft and crank operates a pitman that drives the pump rod. The shaft is fitted with a hand crank



A Shaft Operates the Pump.

wheel on the inside of the building. An extension spout allows the water to run in the sink inside the house.

## LOG DRAG ON ROADS.

Wisconsin to Encourage Farmers to Drag Their Roads by Offering Bounty.

Recently in an address at the Wisconsin State Farmers' institute, W. O. Hotchkiss, chief of the highway division of that state, noted that Wisconsin proposes to encourage farmers to drag their roads by offering a substantial bounty for that service. Mr. Hotchkiss states:

"It is proposed to allow farmers to work out their road tax in dragging adjacent roads with the split log or other drag at the rate of 75 cents per mile for each time they are requested to drag by the town board. This law should result in a great increase in the use of this drag and a consequent improvement of the dirt roads of the state."

There is no question of the usefulness of dragging roads with the split log drag when the work is carefully and regularly done, says the Prairie Farmer. Should Wisconsin undertake to put the proposed law into force, good road builders will watch results of the experiment with interest.

## Growing Early Hog Pasture.

It is of as much importance to have early pasture for hogs, and especially small pigs, as for cattle, dairy cows or sheep. The hog has the name of being a mortgage lifter, and we must all acknowledge that the name is a very suitable one.

Knowing this to be true, why not provide in a way that will be most satisfactory to him and offer the largest profit to ourselves?

A hog does not relish corn for 12 months in the year and nothing else, and it is not necessary to have to depend upon corn alone for that length of time to feed him, nor is it profitable to allow him to have nothing else.

## Potato Blight and Scab.

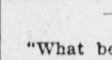
A good remedy for blight and scab in seed potatoes is to dissolve one ounce of corrosive sublimate in eight to nine gallons of water and soak the potatoes in this solution about 90 minutes. While this is effective many prefer using one pint of formalin to 30 gallons of water. The corrosive sublimate is a poison and more dangerous.

## PUBLIC STATEMENT

By a Public Official—County Treasurer of Granbury, Texas.

A. A. Perkins, County Treasurer of Granbury, Hood Co., Texas, says: "Years ago a severe fall injured my kidneys. From that time I was bothered with a chronic lame back and disordered action of the kidneys helped to make life miserable for me. A friend suggested my using Doan's Kidney Pills, which I did, with the most gratifying results. I made a public statement at the time, recommending Doan's Kidney Pills, and am glad to confirm that statement now."

Sold by all dealers, 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.



A Joke's Life.

"What becomes of a joke when it gets too old for the newspapers?"  
"It goes on the stage."  
"And after that?"  
"To the theatrical program."  
"Where it ends its existence, I suppose?"  
"Oh, no; it lives honorably for many years in congressional cloakrooms."

The man who has only himself to please finds sooner or later, and probably sooner than later, that he has got a very hard master.—Swift.

Send postcard request to-day for sample package of Garfield Tea, Nature's herb remedy for constipation, liver and kidney diseases. Garfield Tea Co., Brooklyn, N. Y.

A wise man never boasts of his wisdom. He leaves that to his press agent.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, always cures wind colic. 25c a bottle.

Men fight with their fists; women fight with their tears.

**900 DROPS**

**CASTORIA**

ALCOHOL—3 PER CENT  
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

**INFANTS—CHILDREN**

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral.

**NOT NARCOTIC**

Recipe of Old Dr. SAMUEL PITCHER

Pumpkin Seed -  
Aloesenna -  
Rhubarb Slices -  
Anise Seed -  
Peppermint -  
Diluted Carbonate Soda -  
Molasses -  
Clarified Sugar -  
Wintergreen Flavour

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of  
*Chas. H. Fletcher*

THE CENTAUR COMPANY,  
NEW YORK.

At 6 months old  
35 Doses—35 CENTS

Guaranteed under the Food and Drug Act.

Exact Copy of Wrapper.

**The Surest Preventative**

The quickest acting and most reliable remedy for all disorders of the Stomach and Bowels, Bladder and Kidney troubles, Gout, Jaundice, Headache, Biliousness is

**DR. D. JAYNE'S SANATIVE PILLS**

They are the highest standard of excellence for all these ailments. Used as a laxative, purgative or cathartic they are most soothing and effective.

Sold by all druggists in two size boxes, 25c and 10c.

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in the purchase of paint materials. It is an absolute guarantee of purity and quality. For your own protection, see that it is on the side of every keg of white lead you buy.

NATIONAL LEAD COMPANY  
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**PARKER'S HAIR BALM**

Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Falls to Restore Grey Hair to its Youthful Color. Cures scalp diseases & hair falling. 50c and \$1.00 at Druggists.

**DEFIANCE Cold Water Starch**

makes laundry work a pleasure. 16 oz. pkg. 10c

**PATENTS** Watson E. Coleman, Wash. D.C. Books free. High est references. Best results.

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For Infants and Children.

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*Chas. H. Fletcher*

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THE CENTAUR COMPANY, NEW YORK, O'Y.

**"Not a crop failure in 18 years."**

**"Can raise more here than on Eastern land costing five times as much."**

**"Came here 4 years ago with \$800; now have \$4,500 in bank;"—Said of Panhandle and South Plains Country.**

The best land bargains to-day are found in the prosperous Southwest. The Panhandle and South Plains region of northwest Texas offers good lands at the lowest prices in the Southwest.

You can't buy land there as cheaply this year as last, and it will cost more next year. So the time to buy is now.

I am not in the land business. The Santa Fe Railway employs me to help settle up the country along its lines. The service to you is absolutely free. I am not to exaggerate. The truth about the Southwest is strong enough.

I consider the Panhandle and South Plains as unequalled for the man with small means. Likewise nothing better for the man with a big bank-roll. Both will prosper.

This country is no longer on the frontier. Thousands already have settled there. More are coming in on every train. You won't be lonesome, but you won't be crowded, either.

You ask what can be raised? Beef, cereals, fruit—and other things.

The average rainfall is twenty-four inches, enough for raising crops without irrigation. The more brains you farm with, the bigger the yield. "Dry-farming" helps out some seasons.

I might talk on forever and not convince you half as much as by reproducing the testimony of Mr. W. M. Curfman, of Hereford, in the Texas Panhandle. He says:

"I came to Hereford four years ago and bought 640 acres of land nine miles southeast of town.

"Built me a house and broke about forty acres of land the first year. Sold \$450 worth of produce off of same and had enough left to winter thirty-five head of cattle and horses. The second year had 120 acres in crop, and sold \$800 worth of farm products and wintered forty-five head of stock. The fourth crop is not yet harvested, except the wheat and oats. The wheat and oats will bring me about \$400, and expect to get about \$1,000 out of the balance of the crop, besides wintering my stock."

"I now have 165 acres in cultivation. I raise wheat, oats, June corn, milo maize, kafir corn, sorghum, California wheat, millet and cotton, and all kinds of vegetables. I came here with \$800 and could make my check out now for \$4,500."

Mr. Curfman seems to be a satisfied man. You can do as well as he—perhaps better. May I help you get a home somewhere in this best of the few places in the United States where raw land may be bought for less than it is worth?

Cut out this advertisement. Mail it to me with your full name and address. I will then mail you illustrated land folders which tell the story in detail and send our homeseekers' monthly, *The Earth*, six months free. Questions promptly answered.

C. L. SEAGRAVES, Gen. Colonization Agt.  
A. T. & S. F. Ry. System.  
1170 J. Railway Exchange, Chicago.

**Corn Planting** is here—Distemper among the horses may be near also—mares are foaling—Distemper may take some of them—corn planting may be late if your horses have Distemper.

**SPOHN'S DISTEMPER CURE**

is your true safeguard—a cure as well as preventive—50c and \$1.00 bottle—\$5.00 and \$10.00 dozen; delivered. Large is more than twice the smaller size. Don't put it off. Get it. Druggists—send to manufacturers.

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