

Some Helpful Rules and Menus for Keeping Up the Health

By MRS. M. A. WILSON
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WE MAY say that the harmonious action of all the organs of the body is a state of health. Any changes in structure or function of these organs is classed as a state of disease or deformity. The human body requires for its physical upkeep both food and drink, and it is the unwise use or abuse of this food so necessary for our physical existence that bring in its train a host of ills.

So that the problem of proper nutrition is of vital importance to those who would be physically fit and free from disease.

Nature does not need to be petted or rallied. She will be found ready with a wonderful storehouse of vitality to make repairs and tone up the body if given even the faintest chance. Habit and momentary gratification along with prejudice and an unwillingness to live along simply and reasonably responsible for many of our ills.

Here are some simple rules for keeping in good condition, which are easy to follow and will give good dividends in health and physical comfort.

- First. Stand, sit and walk erect. Keep spine straight.
- Second. Drink plenty of water.
- Third. Avoid overeating.
- Fourth. Cut down sharply on meats and eggs.
- Fifth. Eat variety of foods rather than quantity of one.
- Sixth. Chew all food thoroughly and slowly.
- Seventh. Avoid drugs.
- Eighth. Ventilate living room.
- Ninth. Have clothing light, loose and cool in warm weather and warm in cold weather.
- Tenth. Spend at least one hour outdoors—summer or winter.
- Eleventh. Breathe deeply.
- Twelfth. Keep body clean.
- Thirteenth. Throw windows wide open in sleeping room in summer and winter.
- Fourteenth. Be an optimist and don't worry.

Abnormal conditions, such as fear, anger, worry, impatience, loss of sleep, excesses or disease and improper food interfere with supplementary nerve forces, and, therefore, the vital life current, thus helping along various complications and shortening life. When conditions are normal, this vital life-giving current flows freely through the body, keeping the nervous system in full working order.

To Maintain Health

Many people eat too much, and yet they are insufficiently nourished. This is because they demand over-refined foods, thus discarding those elements so vitally necessary for our physical well-being; more sickness and disease have resulted from improper eating than from any other cause.

A correct guide to the amount a normal person should eat will depend: First, upon climate; second, upon age; third, upon occupation; fourth, upon physical condition.

If you are normal and desire to maintain this condition and are between the ages of twenty-five and forty-five have one fast day every week—usually if you are a business person, take Sunday—do not eat any solid food. Drink plenty of water; at noon take juice of two oranges; at 3 P. M. take juice of two oranges; at 7 P. M. take juice of two oranges and drink freely of cold—not ice—water.

Now if you are a sedentary indoor worker, the following menu will supply your needs:

Monday breakfast:
One choice of juice of two oranges, one-half grape fruit, saucer of fresh fruit in season, tea, stewed prunes, saucer of stewed prunes and raisins or other dried fruits, baked apple, apple sauce.

FROM SEPTEMBER TO MAY:
One cup of any cooked cereal, choice of oatmeal, cream of barley, cream of wheat, corn mush, wheat mush, adding to any one of these cereals one cup of cooked bran.

FROM MAY TO SEPTEMBER:
Shredded wheat, corn flakes, puffed wheat or rice or any prepared cereal that can be served cold.

Use cream in place of milk on morn-

This is the first of a series of articles by Mrs. Wilson on this interesting and important subject. They are taken from her book, "Health and Diet," and will appear every Friday on this page.

ing cereal—the fat in cream retards the digestive process, thus preventing that empty feeling about 11 o'clock.

One choice of toast, waffles, hot cakes. Beverage to please, tea, coffee or cocoa.

Luncheon
FROM SEPTEMBER TO MAY:
Choice of cream soup, salad, whole wheat bread and butter, dessert of choice, such as milk.

FROM MAY TO SEPTEMBER:
Choice of fresh fruit, choice vegetable salad with mayonnaise dressing, ice cream, glass milk.

Evening Meal
Appetizer—Choice of radishes, celery, water cress, young onions, chilled sliced tomatoes, cucumbers.

Soup—Choice of clear soup, bouillon, vegetable or tomato, brown onion puree, celery, oyster or clam broth, chicken broth.

Meat—Four to six ounces of roast, broiled or baked meats, no fried foods. Fish, chicken, fowl, game or made dishes such as cheese, egg or sweetbread cutlets, croquettes, patties or a choice of baked dried lima beans, navy beans, peas, lentils.

Vegetables—Starchy vegetables, such as sweet or white potatoes, rice, hominy, macaroni, noodles and Italian pastas—use only one, never any two at the same meal. Succulent vegetables, onions, spinach, cabbage, celery, turnips, carrots, beets, string, snap and lima beans, kohlrabi, tomatoes, peas, asparagus, corn, cauliflower, brussels sprouts, etc. Any two of the above list.

At each evening meal make it a point to have a salad. It may be just plain lettuce leaves shredded finely, water cress or cabbage in form of coleslaw, and in summer include tomatoes, cucumbers, radishes and young onions. Dress with French, mayonnaise or cooked salad dressing to suit your taste.

Now for the dessert question: If you selected pastry or over-rich dessert at noon be satisfied with a dish of stewed fruit for the evening meal, or cut down on meat allowance, and you may then have a dessert of same portion as noon meal.

Persons occupied with heavy, laborious work may add to the breakfast two or four to six ounces of any meat preferred, with fried, creamed or boiled potatoes. To luncheon, meat or cheese sandwiches or cut of meat with potato and one vegetable, and at evening meal increase meat allowance to full six ounces. Regulation in averaging the amount eaten will pay big dividends in health.

Reduction Menu
BREAKFAST—Choice of orange or one-half grape fruit, one slice whole wheat bread with very little butter, coffee.

NOON—Cream soup made with skim milk, vegetable salad, one slice whole-wheat bread, stewed fruit—tea or coffee.

DINNER—Four ounces of lean meat or fish, two green vegetables, one slice whole-wheat bread, salad, cantaloupe, watermelon or fresh fruit, tea or coffee.

No potatoes, macaroni, noodles, cereals or bread made from white flour; pastries, puddings are taboo also. Use whole wheat or rye bread one day old and preferably toasted; if there is a hunger craving, drink a glass of skim milk between meals and eat sufficient fresh or stewed fruit to satisfy—in winter stewed dried apricots, peaches, apples, prunes will afford a variety.

No candies or sweets or soda waters, ice cream twice a week. Plenty of drinking water at least ten glasses each twenty-four hours.

Take plenty of exercise, bathe daily, sleep but six to seven hours each twenty-four hours, get into the open and breathe deeply.

Take breathing exercises morning, noon and night.

Next Friday Mrs. Wilson will give some breathing exercises which help to ward off tuberculosis.

upside down oaks. The green trees seemed to flee before them, and then abruptly vanished.

Much puzzled, Jack and Janet returned to the lone traveler. He sat on the sand, his head bowed in despair.

"It was only a mirage," he sighed. "Only a vision in the air to lead me further astray."

Jack and Janet were sorry for the lost traveler. They scouted about on the broomstick, and as they could fly at witch speed, they soon found a real oasis. To this they led the discouraged traveler, reaching there just in time to save his life and that of his camel.

"If you seek fairies, go to the land of Aladdin," gasped the grateful traveler. "You may find Fairyland in China."

LITTLE BENNY'S NOTEBOOK

By Lee Pape

I was doing my lessons without any pleasure last night and pop was looking at me and he said, "Well, I think I'll try a little experiment with you, now hear a quarter."

Yes, sir, I said. Sounding like a good experiment, and pop said, "Take the quarter, and you'll see what I mean."

Yes, sir, I said. Sounding better and better. And I took the quarter and pop said, "Now, if you want to spend it on candy, you'll see what I mean."

Well, I said. "I don't want to spend it on candy, but this experiment is to see whether you have sense enough to start a little savings account of your own free will, so you can think it over for a day and by this time tomorrow you have decided to save it for the future instead of squandering it on the follies of the moment. I will give you another quarter and then you can really start to save and thus form a habit that will make you a better citizen."

And tonight pop said, "Well, was the number, and you'll see what I mean."

Good, I hope your story listens as well as it sounds, in other words I would be glad of a few details, said pop, and I said, "Yes, sir, well, you see I'm pretty near spent it this afternoon, and I went around to a lot of stores looking in the windows wondering what I wanted, and I was standing in front of Brant's candy store and I was just going to go in and spend it all on chocolate-mushmellows without being a better citizen, and just then all of a sudden I decided to save it and be a better citizen."

And what made you change your mind so abruptly? said pop, and I said, "Well, you see, just then the quarter got loose and dropped through a grating on the pavement and I looked through the grating and I could see it away down there, so its safe all right, and I can get it any time I find out how to get down there."

I found out how to find out, so only ways you might as well give me the other quarter a while.



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