

fast for five and eat for two days, and so forth. The fruit-fast can be carried to a finish, *i.e.*, to the appearance of a natural and undeniable hunger without any fear, and leave the system at this stage in a condition much more fit for the work of digestion than the common fast, as all the tissues have been supplied with fresh invigorating minerals.

The fruit in a fruit-fast is really a natural tonic given to invigorate the disease; it is Nature's own medicine to prevent collapse, and in this shape I consider fasting not only the most natural and safest, but the most efficient treatment of all internal diseases.

We should not restrict this treatment, as Dr. Benny says, to those cases only where food is repulsive. These cases will naturally have to abstain from food, and will mostly do so on their own account. No, this treatment is indicated and will give the most beneficial results in those cases where the stomach has been artificially enlarged and trained to accommodate great quantities of food materials, and where food is always desired in the case of gluttons and gross feeders. For there is no other remedy to cure these bad habits and to remove the chronic gastritis from which all eaters of cooked food more or less suffer, and the symptoms of which, the feeling of emptiness and gnawing, pain and faintness in the region of the stomach, are often taken for hunger.

Fasting to a finish is the greatest remedy yet discovered to purify the body and to remove dangerous waste material; but when given in the shape of fruit-fast it is not only the greatest but the never yet approached restorer and rejuvenator of the damaged human body.

WHAT WILL YOU GIVE?

A little thought will show you how vastly your own happiness depends on the way other people bear themselves toward you. The looks and tones at your breakfast table, the conduct of your fellow workers or employers, the faithful or unreliable men you deal with, what people say to you on the street, the letters you get, the friends or foes you meet—these things make up very much of the pleasure or misery of your day.

Turn the idea around, and remember that just so much are you adding to the pleasure or the misery of other people's days. And *this* is the half of the matter which you can control. Whether any particular day shall bring to you more of happiness or of suffering is largely beyond your power to determine. Whether each day of your life shall give happiness or suffering rests with yourself.

G. S. Merriam.

Notice everything that is done by others to contribute to your benefit or happiness. Nothing seems more ungracious than the passing over without remark, and apparently without thought, the thousand and one little efforts and attentions which are intended to sweeten domestic life.

GREAT THOUGHTS.

First Steps to Fruitarian Diet.

Practical Hints to Beginners.

The following suggestions will prove helpful to those who are desirous of giving up the use of flesh-food and adopting a more natural dietary:—



1. Give up flesh meat *at once* and *entirely*—replacing it by eggs, soft cheeses, macaroni, peas, lentils, nuts, dried fruits, and good brown bread. You will soon be able to do without fish also, but it is best to proceed slowly and surely, a step at a time.
2. Eat *less* rather than *more*. Fruitarian food, such as the above mentioned, is much more nourishing than butcher's meat.
3. Try to like *simple* foods, and do not hanker after elaborate dishes that require much preparation. Avoid 'frying-panitis.' Nevertheless, to fry potatoes, rissoles, etc., *crisp*, obtain a frying basket and stew pan, and use 'Nutter' or other nut-fat.
4. Eat dry foods rather than sloppy ones; they are more easily digested. Take toast, Granose biscuits, or corn flakes, with porridge to assist proper salivation.
5. Do not mix juicy fruits with vegetables, but take the former either alone or with nut food and cereals.
6. Green vegetables should be taken very sparingly, and with savoury dishes alone. If eaten with sweets they are apt to disagree.
7. Persons of sedentary habits should let at least one meal a day consist of raw fruit only—or of fruit with brown bread and butter. Let your bread be *well baked*.
8. Dried fruits, such as figs, dates, prunes, raisins, sultanas, etc., are very easily digested; and if blended with nuts they make a perfect meal.
9. Nuts can be flaked in a nut-mill to aid digestion. Many nut products are now obtainable which are malted and partially digested already.
10. Give a few hours' thought and study to the important subject of your diet. Get a Guide-Book or two, so as to learn what to do, and what newly-invented foods are obtainable as substitutes for animal flesh, animal fat and animal broths.
11. Do not make the mistake of attempting to live on potatoes, white bread, cabbages, etc., or merely upon the ordinary conventional dietary with the meat left out.
12. If you feel any symptoms of dyspepsia, reduce your food, fast temporarily, and take more exercise. Consider what mistakes you have made and avoid them in the future. Eat only when hungry.
13. If you are not getting on, obtain advice from a Doctor who is a *fruitarian*, or from an expert and experienced Food-reformer.

S. H. B.