

Written for this Paper.

EATING AND LIVING.

Times and seasons vary; there is a fashion in almost everything, although many persons would think that that could only refer to dress; there are fads for curing all "the ills that flesh is heir to," and still more strange, there is not a nostrum but can be recommended by hosts of testimonials from the benefited, real or imaginary. Were member when Morrison's pills were sold as a panacea for everything; persons were infatuated enough to take a box in a day. It became a craze, until set aside by the rising remedy of cayenne pepper, which for a time usurped the role of king. After an interval, brandy and salt was all the rage, and it was prescribed with the same assurance of its predecessors. Then lobelia took the lead, and every ailing person was drenched until the patient was cured or died. Since that we have heard of bromide being recommended as the thing; but now it seems to have had its run and many think that sarsaparilla will cleanse the blood, for, say they, the life is in the blood, and with that purified, all is well. "Life is heat," says another, or vice versa, and today is the remedy for cold as it has been for heat. Alcohol in something, it is claimed, will foster health and make the man or woman over again. Homoeopathy, hydropathy, allopathy, the Swedish movement, Turkish baths, Christian science, healing mediums, and now "naked feet" have had enthusiastic advocates, controlled special periodicals, scattered broadcast testimonial literature, until there should not be today (if all were true) a person sick or ailing in all Christendom, and only a dead one here and there!

It is an old saying that "an ounce of prevention is better than a pound of cure." But where is the genius who dare lay the axe at the root of the tree and insist upon the marital relation being confined to the strong and vigorous, the healthy and pure? Who comes forth and insists upon curbing the passions in this relationship, which should be the holiest of all? Is it not patent to experience that self-knowledge has not been deemed of importance until within the last few years? That students learned in the arts, sciences and literature of the world, know near nothing of the functions of manhood or womanhood, or how these should be preserved unimpaired or healed if otherwise, is what every thoughtful person knows! And yet there are evidences of progress in professional directions. Surgeons are wonderfully clever; new methods and appliances for once fatal cases now by one operation or another continue life or preserve from death. Critical and delicate work finds efficient men, though their coolness and readiness far too often suggest that they would rather amputate than try to heal.

While human life is everywhere tampered with by ignorance, professional or otherwise, it has begun to dawn upon the human mind that the condition of the body is affected in a greater or less degree through the ailment provided and used, and that by judicious feeding the recuperative powers of human organization are made more valuable than quackery, and tend

to health more than drugs or medicines. Vitality is a continuous miracle, and it is surprising that it withstands a thousand crude things which ignorance of function and effects continually array against its best and highest interests. Consider the stimulants in a thousand forms which, when used at all, are used in excess, being unfit for man's organism altogether. Think of the liquor traffic, how little genuine goods there are, if even the genuine was good; every variety of wines, cordials, liquors, drinks, are often the product of medicated high wines; brandies, rum, gin, whisky, wine, can all be made from one barrel by experts and coloring and drugs. Adulteration for the sake of increased and illegitimate profits enters into all this class of drinkables. Beer, also aerated waters, and drinks of all kinds almost, are a delusion and a snare, but they cost vast sums, far more than bread and education combined in this highly favored land. Competition and knavery is at the bottom of all adulteration, and chronic competition has so manipulated things with an idea of cheapness, that genuine articles of food as well as drink have been driven out of the ordinary market, and from most homes save those where quality and not price was the great—the desirable thing. Shoddy in cloth, water in lard, paper in shoes, starch in cotton goods, poor fruit in cans, common oil with fish, dried ship biscuit in coffee and spices, cottonseed oil for the genuine olive, plums for olives, water in coal oil, turpentine and liquors, earthen in white lead, refuse oil in place of linseed, oleomargarine in place of butter, until "the crushed worm turns," and buyers now protest against a continuance of methods which affect life and health and homes in all the land.

Cooking schools have been established to enforce a wise economy in material, to secure toothsome viands, to show how the most can be made of things, and to prove that the best success comes from just proportions; that in fact cookery is a science and that eating can be made a joy as well as a necessity if study and practice only lead the way. New or renewed interest in this direction calls in question the quality of the materials used. Analysis tests products, proves quality and gives reputation. Brands begin to have real value, and owners of brands try to keep up the reputation of their goods. Laws insist that an article shall be branded as to quality, and provides penalty for misrepresentation and fraud. So the masses are being educated and as a rule an intelligent person wants first class goods. Z. C. M. I. had a surprising test in this direction a little while ago. A competitive store sought trade by pushing the sale of graded goods, breaking prices and making delusive quotations. Of course query from customers was rife in the large store, and at the urgent request of the salesmen the same goods were introduced into that institution. Customers were notified—pressed to buy; but if a trial was made at all, the first was the last; cavillers were after a while satisfied, business resumed its original conditions, and now its patrons have no dispute on price or quality; there is a reputation secured, honesty is encouraged, and vast numbers never ask a

price, they are assured of weight, quality, straight goods, and today confidence is greater than ever.

In the eastern cities this drift has assumed a far more emphatic condition. Health food expositions have been, and are today, held in many prominent cities, and these very often include cooking and testing food products of every kind. New York, Boston, Cincinnati, Wilmington (Del.), Baltimore, New Haven and Chicago are acting now, while Pennsylvania counts on opening soon in Philadelphia, Lancaster, Easton, Allentown and Reading; even Kansas promises a very large affair ere Christmas comes and goes. It is claimed that these expositions are removing a vast deal of nonsensical prejudice which has existed against canned foods in many minds. It is shown by actual process that many goods are put up with scarce a touch of the human hand, that cleanliness is imperative in dairies, in soup factories, in creameries, in the manufacture of baking powders, in chocolate, cocoa, etc., and in self-raising flour and meal; that tomatoes, fruits, meats, vegetables, fish, and a thousand other forms of portable food products are a blessing to the housekeeper; that many of them are cheaper and better than any ordinary family have, and that this immense variety of well prepared food is having a highly beneficial effect upon health, development and comfort generally. In these expositions which, as before said, include cooking and tasting, the whole question of kitchen economy is invaded; stoves, ranges, utensils are criticised; coal, wood, gas and electricity are compared as fuels, and the prognostication is aroused that a revolution in manners, methods and foods is already at the door; housekeeping tactics, its anxiety and worry, its mistakes, crudities and failures are to be corrected by the factory, and that variety is to take the place of monotony on the tables of the humblest of the land.

Well posted storekeepers can recommend from this official standpoint many of their once slowly-moving supplies. The verdict of science is in their favor. Government use is a recommendation of itself. Commerce exchanges our specialties for those of other zones and climes. Probably honesty is being enforced by unusual supervision. Cheapness is losing its deceptive charm; and the humbles home can indulge by brotherly exchange in the dainties of far-off lands. There is coming from this increased health and vitality, and the whole movement is on the lines of "the Word of Wisdom," which shows the growth of an idea from seed scattered almost unconsciously by the Prophet over sixty years ago. Hygiene, physiology, and general science, as well as revelation, point out a return to Edenic principles, and as a consequence, the fulfillment of prophecy in lengthened human life, when "the age of a man shall be as the age of a tree!"

The soda lakes branch will soon be in shape to have the soda brought in by cars from the lakes, says the Laramie Boomerang. The soda works will then resume operations and give employment to a number.