



LECONTE AND OTHER PEARS, PLUMS



EVENING NEWS. April 2, 1897. Saturday, HEALTH HINTS, ETC. Extracts continued from Dr. Hol-brook's book "Eating for Strength:

Pepsin, one of the most important aids to digestion in the human stomach, is rendered inert by heat or cold, hence either very hot or very cold drinks during and after a meal are hurtful.

Why we cat .- It is, first, to increase the size of the body; second, to supply the waste or loss by the daily wear and tear; third, to maintain a proper degree of warmth for the body, and fourth, to supply the energy by which we move think and feel.

Simplicity. - Simplicity is a vir-tue which has almost grown out of of tissue is already more rapid than the supply. Dr. Edward Smith says: "Tea increases waste, since fashion, especially in relation to food and cooking. You can scarcely sit down anywhere to a good, plain meal, and find everything simple. The real object of cooking should be to increase

the quality, and improve the quality of food; to render it more economical and physiological. This is best accom-plished by simplicity. It saves money, time and health. Variety may still be kept up to almost any extent, without complexity, by taking one kind one day, or at one meal, and another on the next day.

Fat.-The distribution of fat in every tissue and its accumulation around certain organs, serves to fill ther attacks. up the cavities of the body and give roundness to the form, equalizes

ine external pressure, and diminishes friction; and, by its bad conducting property, retains animal heat. Fat, therefore, must ever be regarded as disuse of tea. nightly important to the physical devel-opment of the body, it should, how-ever, be eaten in limited quantity. The easiest assimilated and best form of fat is found in the vegetable kingtom, and next to that is the pure pro duct of healthy animals, in the shape of milk, cream and fresh butter.

Salt.—We are of the opinion that while a moderate use of salt may be advisable, most people eat too much of it; in this way corrupting the appe-tite and taste, and taxing to far too great an extent the excretory organs in getting rid of it. Then, too, those who live on foods rich in mineral matter would on foods rich in mineral matter would on foods rich in mineral matter would or the heart, or heart disease, are par-ticularly liable to harm from the con-tinued use of coffee. 25 Tracts on Health topics, for 10cts. A book about what and how to cook and cat, for health, 10cts. Mailed by D. M. McAllister, 66 Centre St., Salt

naturally need less of this mineral. So, Lake City naturally need less of this initiation. So, too, a constantly improving agriculture improves our food. By using salt largely on certain crops as a fertilizer they may probably be made to contain more of it, and thus it will be intro-duced into our system as a constituent sands know this of our food, and not as a condiment

That its use ou almost everything, and the unsavoriness of food without it, is a mere habit, and not an instinct, can-BY A COMPETENT, INDUSTRIOUS, and reliable man, a situation as store cierk, warehouseman, or collecter of acnot be doubted.

Selection of foods .- All vegetables and fruits should be grown on the best ounts. Good references can be given. solis, and the fertilizers used should be well decomposed and not fresh and ratk. Partially decayed food of whatever kind, should be Address, diw avoided. For breads, the best white wheat is none too good. If grown in new soil it is likely to be CREAM BALM better and to contain abundance of the mineral matter so needful to health. Fruits for eating without cooking

Cleanses the should be rips, tender and not too tart; Head. Allays sweet or sour, but they must possess the poculiar quality of retaining when cooked the best flavors, All

wants as the Creator does for the child, it would save much suffering. Cow's milk differs greatly in quality, some being rich and others thin and watery. In choosing a family cow it is well to bear this in mind, and to select only those that are bealthy and give the very best milk. They should also be fed on the best of food, and allowed plenty of pure soft water to drink. The practice of feeding cows on garbage, swill slops, distillery feed, and of keeping them confined in close, filtky, unventilated stables, or foul corrais, is one which seriously de-teriorates the milk, and should ever be avoided. TEA.

Tea is not nutritious. The milk and sugar put into the cup to give it flavor has a real value as food. Teasctually increases the waste o the system. From this it may be in-ferred that tea is not a good drink for those who are dyspeptic and nerv-ous, or those in which the waste subscribed Capital, . \$200.000

"ald Up Capital, HEBRE J. GRANT, - Preside HEBRE J. BRANT, - Preside it promotes the transformation of tood without supplying any nutriment and increases the loss of heat without supplying fuel." Dr. Greag published an article on tea, as a cause of sick heatache, wor-thy the attention of those who suffar with this common malady. The doc-JAMES SHARP, ELIAS A. SMITH, lenry Diawoodey,

Henry Diawoodey, George Ronney, Thos. G. Webber, P. T. Farnsworth, H. J. GRANT & Co., Agents. the cause of more cases of this disease Office: 40 East Temple St., Salt Lake City.

than any other, and gives a great num-ber of instances where, after leaving off its use, persons who had previous-ly been solicited were exempt from fur-DESERET NATIONAL BANK

Where there is any tendency to dyspepsis, tea sygnavates it, and many cases are cured by disusing 1t. Dr. PAID UP CAPITAL. . . \$200,000 Corfe mentious a cure of supposed cancer of the stomach, cured by the SURPLUS, - - - 200,000

*Coffee.*—Coffee produces effects very similar to tea. It, like tea, powerful-ly affects the respiration, increasing the quantity of carbonic acid expired H. S. ELDREDGE, President, FERAMORZ LITTLE, VICE Prest , JOHN SHARP, WM. W. RITER, J. A. GROESBRCE, L. S. HILLS, Cashier, JAS. T. LITTLE, Asst. Cashier. and air inspired. Coffee differs from tea by increasing the rate of respiration and not its depth, in increasing the rate of pulsation, and in drainish-

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