

THE VALUE OF FRUIT.

(From *The Nursing Times*.)

HALF the ailments of life are caused by wrong feeding, and by over-eating of foods of which a little is good. The majority of diseases originate from the stomach and the digestive tract, and a large portion of the operations that are done to-day are so done in order to relieve ailments whose origin is in nutritional disorder. Give me the dietary of the race and I will reduce pain and increase the joy of living ; reduce the days of illness, and increase the days of happy health ; postpone the coming of old age, and extend the calm serenity of the eventide of life !

Man is born to be healthy, and it is through disobeying Nature's laws that disease comes in. Nature has a great storehouse filled with all things necessary for health and healing. Far away, in the dim distant past of countless ages and æons, the laws of living creatures were laid down. It was the frugivorous stock which attained the pre-eminence, and it was from the fruit-eating primates that the human race evolved.

For a few short thousands of years, driven by necessity, the human intelligence has rightly added flesh food to his dietary, but still his instinct in childhood and illness goes back again to the fruits of the garden. There has been no change in his anatomy or in his digestive functions. The primal-ancestral dietary is the one for which his constitution is still unalterably adapted.

To remain strong and virile, to remain young and intellectual, to remain healthy and long-lived, a man must go into the garden to feed. I have travelled in many lands, and, wherever I have found the best teeth, the best and most beautiful complexions, the most symmetrical bodies, the happiest temperaments, and the quickest recovery from accident and disease, I have always found that these people lived upon the kindly fruits of the earth—the products of the orchard, the harvest field and the garden—with butter and cheese, milk and honey added to their menu.

Now in the treatment of disease itself we have three great groups of healing fruits. The first group consists of those fruits whose acids belong to the citrate class. They are specific in warding off infective fevers and in their curative elimination. From influenza to scarlet fever, from a common cold to septic pneumonia, it is to the orange and lemon, and lime and grape fruit, and tangerine that we must turn. Of all of these the sweet juicy orange is the most comforting, while ripe limes and lemons are the most potent.

The second group comprises a selection of fruits whose acids belong to the malic class. They are specific in warding off and in curing diseases connected with the kidneys. It was not without a basis of centuries of experience that

the proverb arose, "An apple a day keeps the doctor away." So many ailments commence with failing kidney action that if only we could secure that this organ did its work, the visits of the doctor would be fewer and farther between. The apple and peach are two of the best illustrations of this group, and of the two, the apple, rightly selected and wisely eaten, is beyond all compare the better.

The last group contains the fruits whose juices are rich in tartaric acid. It is here that we get the solvents for those deposits in the blood vessels which cause old age. It is the wise use of these fruits in their fresh and in their dried state which will not only postpone the onset of old age, but when taken specifically as "a cure" will tend to bring back again some of the joys and activities of younger days. These are among the oldest fruits that the human race ever subsisted on. The chief of these are the grape, the raisin, and the sultana. I have no space left to deal with the specific virtues of such fruits as olives and the great nut classes, or with the vitaminic virtues of salads.—Dr. Josiah Oldfield in the *Australasian Nurses' Journal*.

JOTTINGS.

BY MISS BURKE.

To ease tired feet.—Well soak the feet in a bath of very hot water, to which has been added a handful of common salt; dry quickly with a rough towel.

Lime liniment for burns, scalds, etc.—Mix together equal parts of linseed or common olive oil and lime water. Well shake the liniment every time it is used.

Linseed tea.—Put one ounce linseed into a clean lined saucepan, with $1\frac{1}{2}$ pint cold water, let it simmer for one hour before the fire, then strain, add the juice of one lemon and sugar to taste.

Pen nibs and sewing needles that refuse to work well should be burnt in the flame of a match for a few seconds.