Dr. Lee Pleads for Better Foods

Insanity, Drunkenness, Immorality Are Some of the Results of Poor Food, He Declares.

WANTS CLEAN, LIBERAL DIET
And Health, Strength, Refinement, and Other Estimable Attributes
Will Follow.

Dr. Elmer Lee of this city, an advocate of clean, liberal diet, in a unique article in the New York Times, makes a plea for better table foods.

A true and full realization of the importance of natural, clean, and suitable food that sustains and never wears, he says, "even among the educated. The notions about diet, what is appropriate, is what is proper, are mostly wrong. Very few have any just appreciation of the importance of good food. People who appear to be well-fed, sound, clean, abundant, appropriate food for the human body. Improper eating habits result in insufficienCy of food, and the consequences are disease; then good and natural foods are what is needed.

The health, and happiness of man hinges on the quality and abundance of the food he eats. Too many students fail to give enough attention to this diet. There is too much looking, studying, talking, and forgetting, in the wrong direction; too much speculating, too much fanciful, unprofitable vivisection, unproved curiosities, and a wholesale neglect of the practical and the obvious.

The secrets of the health and charm of human life are more likely of solution in the kitchen than in the laboratory. Moderation in food is the keynote. Foid is the never-ceasing demand of the living organism, a thing that can never be too abundant, too pleasant, satisfying, available. A physician, one of the multitudes who feel the bad effect of a bad, clean, and unappetizing diet, has expressed the sentiment, 'The world is in need of better food.'

The need is now becoming more tacitly, the abundant nutrition, the energizing, inspiring qualities of fresh fruit, nuts, vegetables, and milk. The world, need. The selection, preparation, and use of food for an individual is not merely eating, but a profound study. Every food in the human body is a responsibility too important to turn over to a coarse, thoughtless, and inexperienced man or woman or girl cook, the most of whom are not in sympathy with their work. The wonder of the world is one thing, it is not strange that sickness, crime, and poverty prevail.

The fundamental values in life, health, strength, development, elegance, refinement, all depend upon the world. These are the necessities, and respect one for another, steadiness and efficiency, happiness, satisfaction, depend for their realization upon normal living. The greatest food need of largest importance is a normal diet of fruits and vegetables.

The new idea demands clean, abundant diet, improved and refined cooking. In fine, a new hygienic system for defending the body. The new diet, in order to be used, must eliminate limitation of all life activities, the hard work, protracted mental or physical labor, the long life, health, lassitude, suffering, everything, nothing is wanting.

The explanation for the popular cry against vegetarianism pleased the physician, that in the days of abundance, an abun-

Dairy meals have increased in that the plant foods are free from animal protein, and as these are so precise, even great skill as well as understanding are needed. The vegetable protein is equal, if not the best, in quantity, quality, element of nutrition, strength, at least as good as the meat, and as much as that of potatoes, as well as in its taste. As it is not possible to serve the vegetables

Dr. Lee has made a comprehensive survey of the

This result, a study of the vegetable content of the table, a study of all the raw foods, a study of the foods not properly prepped and nourished.

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