

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 vegetarianism, writing in The Medical Times, makes a plea for better table foods.

"A true and full realization of the importance of natural, clean, and suitable table foods is lacking the world over," he says, "even among the educated. The notions about diet, what is appropriate, how to select, sort, clean, and prepare, are mostly wrong. Very few have any just appreciation of the importance of this question. The basis for health is good, sound, clean, abundant, appropriate food. The lack of good food and sustaining nutrition are reasons sufficient and ample to explain ailment, weakness, and disease. If bad foods are responsible for disease, then good and natural foods are what is needed.

"The life, health, and happiness of man hinges on the quality and abundance of the food he eats. Too many students fail to give this question the serious attention that is due it. There is too much looking, searching, hoping, carried on in the wrong direction; too much speculating, too much fanciful, unprofitable vivisection, ungoverned curiosity 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 experimental medical institutes. Food is the never-ceasing demand of the living organism, a food that sustains and does not poison, pleasant, satisfying, available. A physician, one of the multitude who feels the bad effect of a lack of appropriate food, expressed the sentiment, 'The world is in need of better food.'

"The exquisite delicacy, the abundant nutrition, the energizing, inspiring qualities of fresh fruit, vegetable and cereal food have not been understood. The selection, preparation, and use of food for an organism as delicate, as intricate, as potent as the human body are a responsibility too important to turn over to a coarse, thoughtless, heedless, harebrained man or girl cook, the most of whom are not in sympathy with their work. The wonder is that anybody is healthy, and it is not strange that sickness, crime, and poverty prevail.

"The fundamental values in life, health, strength, development, elegance, refinement, civility, honor, truth, admiration, and respect one for another, steadiness and efficiency, happiness, satisfaction, depend for their realization upon normal living under natural law, and the factor of largest importance is a normal diet of fruits, vegetables, grains.

"The new idea demands clean, abundant diet, improved and refined cooking, in fine, a new hygienic system for selecting, preparing, cooking, and serving food-plant products. They contain every ingredient, quality, element of nutrition, for the fulfillment of all life activities—hard work, protracted mental or physical effort, maintenance of the body tissues, everything, nothing is wanting.

"The explanation for the unfriendly criticism against vegetarianism puzzled me for a long time, but I think I understand it at last. The plant foods are most delicate in organization and require precise, even great, skill, as well as understanding, to prepare and serve them, acceptable and pleasing in appearance, agreeable and refreshing in taste, and to retain the nutritive value. It is comparatively much easier to get up a satisfactory meal using meats, eggs, milk, and cream, a difficulty which has been hard to get around by the would-be vegetarian. New methods in cooking, ripening, tempering, seasoning, combining, and serving meet the old objections against an all-vegetable-table-food diet, and leave no

ground for resort to animal flesh or product as a human food."

Here is a summary of Dr. Lee's conclusions:

That health is preserved in the fullest degree and that disease is curable by the scientific use of live, organic plant-foods.

That betterment of food leads to improved development in the physical and mental realm lessens grudging and promotes ease.

That an improved method in the use of plant-foods is the new basis for social and economic progress, clean lives, and better conditions.

That insanity, drunkenness, immorality, envy, anger, cruelty, poverty, rage, and war mainly result from or bear directly on the food question.

That man and animal are not inclined to be savage and quarrelsome if well and properly fed and nourished.

That plant-foods wisely used are competent to sustain human life, advance civilization, and furnish the mental and physical power equal to its needs.

That dwelling houses can be more favorably adapted to shelter, rear, and develop the family.

Better dwellings, better foods, better health, he concludes, will lead to a "pleasant, useful, satisfied, longer life."

NO DUTY ON HERO'S WATCH.

Timepiece Sent by His Schoolmates to an Englishman Here Comes in Free.

Collector Loeb received yesterday an inquiry from Courteney W. Bennet, British Consul General at this port, asking him whether a watch could be admitted free of duty when intended as a gift for an Englishman as a reward for an act of heroism. The Collector decided the watch was not subject to duty.

The watch is to be given to Albert Jephcott, now living in Marion, Ind. Jephcott, who is 22 years old, was formerly a student in a boarding school at Radford Road, England. In a gasoline explosion a fellow workman, an American, in the Indiana town, was fearfully burned, and Jephcott volunteered to contribute his skin for grafting. For five hours he was on the operating table, while surgeons grafted his skin to the burned places on the victim's body.

The watch was bought by subscription among the students of the school and the townsmen. Each contributing 37 cents. The request was made by W. W. Cheshire, principal of the school, and forwarded to Collector Loeb through the Consul General here.

TWENTY DAYS IN A COMA.

Little Boy Hit by Rives's Auto Long Unconscious.

Yesterday was the twentieth day that Victor Waldron, the six-year-old son of Dr. E. V. Waldron, has been lying in a comatose state in St. John's Riverside Hospital in Yonkers, and the doctors attending the case fear that unless there is an immediate and decided improvement in the boy's condition he cannot live much longer.

The boy was struck by an automobile, owned by ex-Corporation Counsel Rives of New York, in South Broadway, Oct. 16. Among other injuries he suffered a fracture at the base of the skull, being so gravely hurt that physicians who examined him at the time of the accident said he could not live twenty-four hours.

The boy's father, who is a member of the staff of visiting physicians at St. John's Hospital, thought otherwise, and called several of the leading specialists in New York into the case, and they, acting in conjunction with the entire hospital staff, made every effort known to medical science to save the child's life. For two weeks the boy stayed in a profound coma.

F. W. Vanderbilt Sails from Hamburg.

Sailing yesterday from Hamburg on the Amerika of the Hamburg-American line were F. W. Vanderbilt and party, Capt. R. A. Ryan, United States Army, Capt. I. W. Hinkley and party, James I. Archibald war correspondent, Miss Alice Kunkel, and Miss Emmy Destinn of the Metropolitan Opera Company.