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## **Instructions on diet, exercise, bathing, sleeping, etc. : including hygienic recipes**

AUTHOR(S)

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# Pocket Guide

Diet,

Exercise,

Bathing,

Sleeping,

1/-

RECIPES, &c.

Mr. H. E. Kugelmann,

Consulting Herbal Practitioner.

"The Stomach decides alike the fate of nations and of individuals."



Says Professor Parker,

An eminent and skilled physician :

"**A**S we place more confidence in nature, and less in the preparations of the apothecary, *mortality diminishes.*" Again : "Hygiene is of *far more value* in the treatment of disease than drugs." And again : "I wish the *materia medica* was in Guinea, and that you would study *materia alimentaria.*" And yet again : "You are taught learnedly about *materia medica*, and but little about diet." Once more : "We will have *less mortality* when people eat to live." And finally : "I have cured granulations of the eyes, in chronic conjunctivitis, by hygienic treatment, after all kinds of drug applications had failed."

"The tissue of the life to be.

We weave with colors, all our own ;

And in the field of destiny

We reap as we have sown."



"The Science of Medicine is founded on conjecture and improved by murder."—Sir Astley Cooper, late Physician to the Queen, &c.

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INSTRUCTIONS  
ON  
DIET,  
EXERCISE, BATHING,  
SLEEPING, ETC.,  
INCLUDING HYGIENIC RECIPES.

BY  
MR. H. E. KUGELMANN,  
CONSULTING HERBAL PRACTITIONER,  
AND INVENTOR OF THE  
"STANDARD HERBAL MAGNETIC REMEDIES."

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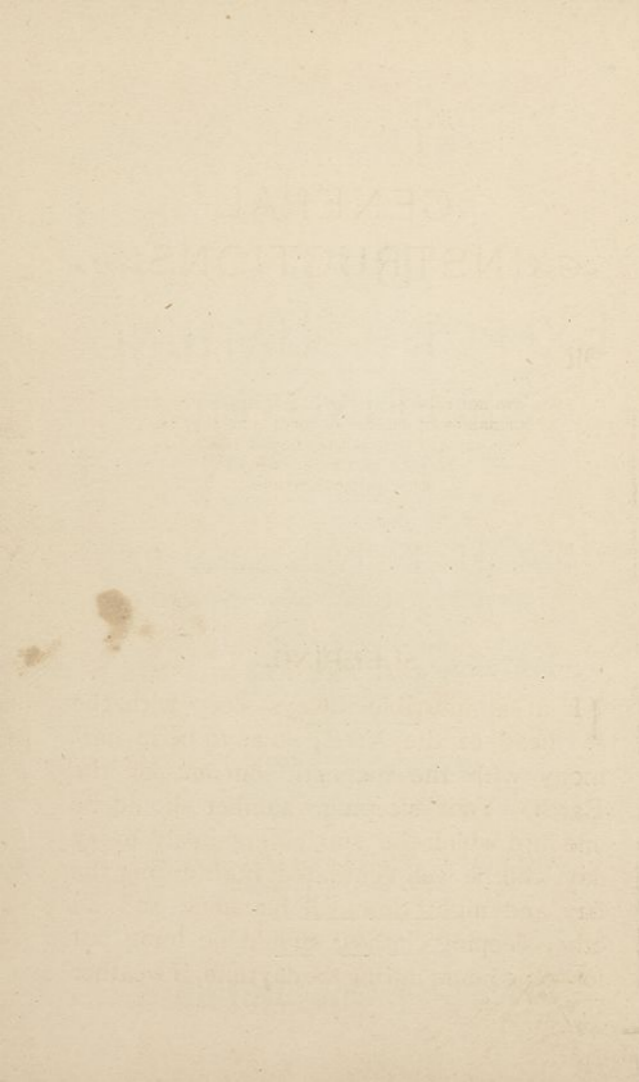
AUSTRALIAN HEAD OFFICE,  
CONSULTING CHAMBERS AND WAREHOUSE:  
311 and 312 FLINDERS STREET, MELBOURNE, VIC.,  
AND  
TORRENS CHAMBERS, VICTORIA SQUARE,  
(west side), ADELAIDE.

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"SUNLIGHT IS THE GLORY OF LIFE."

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Price = = One Shilling.



# GENERAL INSTRUCTIONS

FOR

IN

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You are not to take any notice of those directions,  
or names of articles of food, that may be  
crossed out, as they do not refer  
to your particular case at  
this particular time.

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## SLEEPING.

IF at all possible always sleep with the head to the *North*, so as to be in harmony with the magnetic current of the Earth. Your sleeping chamber should be one into which the sun enters freely every day, and be well ventilated, both during the day and night time, all blankets, and all other sleeping clothes, should be hung out for some hours during the daytime, if weather

permits, and in the sunshine if possible, this is particularly necessary for weakly people. Never sleep in any underclothing at night which has been worn during the day.

**Persons troubled with sleeplessness,** should try some of the following methods to induce it—never take drugs to do it. Lie with the pillow very low, or, go for a good brisk walk before retiring, to establish a good circulation, or, make a first-class lather with Barilla or Neutral Soap, or best of all with H. E. Kugelmann's Herbal Skin Soap, and rub it well over the entire scalp putting on as much as possible (*cold* is best) leaving the lather on you, cover the head with a dry towel and go to sleep, this will often succeed when all else fails—or take one or more stewed onions for supper. One or another of these methods is usually quite effective in a little time, in all cases the feet must be kept warm and the circulation equalised.

**Children** should never sleep with elderly people if you wish them to live, because elderly people draw from them, and if continued they will dwindle and die, they should not be exposed to the magnetic influences of passionate, sickly, or degraded nurses or

playmates. Their legs and arms should always be well clothed during cool and cold weather. Millions of infants and young children die annually through the criminal neglect of mothers, and nurses, in not clothing the arms and legs in cold weather; a child will quite readily get cold in the lungs, through chilling the blood in the unclothed arms; paralysis, convulsions and spinal troubles, are easily brought on through chilling the blood in the unclothed legs.

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### CLOTHING.

**D**O not have more clothing on either at night, or during daytime, than is sufficient to keep you comfortably warm, as it causes the skin to become too dry, and sensitive, and makes you more liable to take cold; besides this, it prevents the emanations of impure and poisonous gases, from escaping into the atmosphere, and thus makes your blood impure. Over half of what we eat and drink exhales from the skin, and in addition the system gains much vitality by allowing the air and light to get to the skin of the body, consequently too much clothing by day or

by night is most injurious, and especially do feather beds, cotton mattresses, flock beds, and eiderdown quilts, smother the pores, weaken the nerves, and tend to gradual enfeeblement. Feather beds often induce asthma etc. Mattresses of hair, kapok, husks, straw, &c. are to be preferred. A good healthy and active skin keeps the blood pure, and conduces wonderfully to longevity. Therefore, do not sleep under dense clothes, such as a quilt or bed-cover, wool is the only natural covering for mankind; always lie completely straight out, and sleep on your right side; never sleep with the hands up to the head, nor at back of the head, unless you wish to die of Heart Disease or produce Varicose Veins in the lower limbs. Immediately, the very instant you awake in the morning, if able to, get up and take a quick cold bath: or take a brisk towel bath, by rubbing the entire body and limbs well and very quickly all over with a wet towel, always follow it up quickly with a good brisk rubbing dry with a good rough towel, and if very cold blooded, in addition use a dry flesh brush (hair brush or clothes brush) briskly all over body

and limbs, to bring up a good heat and redness of the skin; this is wonderfully animating to the whole system, and prevents you from taking cold.

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## TOBACCO.

**N**EVER smoke tobacco in any form. If you *are* a smoker, endeavor to discontinue smoking by all means in your power.

Tobacco is a very acrid, and virulent poison, quite as much so as Strychnine and Arsenic, but by slow and gradual degrees the body habituates itself to any one or all of these poisons, without causing death, but the bad effects on the human body are none the less certain. Tobacco tends to produce Apoplexy, Aphony, Hypochondria, Consumption, Nervousness, Cancer, Epilepsy, Headaches, Impaired Sight and Memory, Tremors, and Insanity. It also stimulates the grosser animal appetites and the desire for intoxicating liquors, and finally induces sterility and impotency. Let me add—that when smoking if you expectorate you are robbing the Salivary Glands of the juices necessary for proper digestion, therefore that is extremely harmful, if you do not

expectorate you are sure to swallow more or less of the poisonous fumes and juices of the tobacco, and thus you are between two evils, After smoking it for years, an insatiable desire for tobacco is usually felt if the smoker attempts to abandon the habit, and so enslaving and tight a grip has this uncleanly vice upon its victims, that but few indeed, are ever able to abandon it without medical aid.

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### EXERCISE.

**E**XERCISE out in the open air as much as convenient without producing over-fatigue. Keep the head well erect and the shoulders set firmly back at all times, especially whilst walking. Excessive exercise exhausts the vital energy and nerve forces. Excessive bicycle riding is now inducing quite a large number of new forms of disease in both sexes; inducing impotency and sterility, varicose veins, ovarian diseases, displacements, and kidney troubles. Those who are feeble and weakly should be out in the air and sunshine every day as much as their strength will allow, and if too weak to walk or sit up should be laid upon a wire

stretcher or other convenient couch, and carried out into the sunshine for as many hours per day as possible, and in addition they should be rubbed with a dry flesh brush, hair brush, or clothes brush, all over the skin night and morning, after which they should be well rubbed all over with pure oil of olives warmed, just using as much as can be rubbed in dry. Many weakly persons have become quite well and strong with this treatment, and rational diet, and without any other treatment whatever.

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## LUNGS AND CHEST.

**I**N all Lung and Chest Diseases, the food should be the most nutritious obtainable, well cooked and taken at regular intervals. Care should be taken to always breathe through the nose, keeping the mouth closed, and to expand the lungs fully at each inspiration, as this assists to purify the blood, and to stimulate the lungs to expel mucus and matter. To keep the head always erect, and the shoulders set back, so as to expand the chest, is an essential fact to remember in any disease of the respiratory system. Where the lungs are

diseased, as in Consumption, Chronic Bronchitis, etc., it is an admirable plan to expose the chest and back nude to the hot sun, either in the outside air, when weather is sufficiently warm, or through a window, for an hour or two daily, keeping the head covered and cool. A blue covering is the best for the head. Many cases have been completely cured by this method alone. It may not be generally known, but it is nevertheless a fact, that the solar rays contain the healing properties of all other substances in existence, and are most potent and healthful to the sick and diseased. This is another reason why open air exercise is so beneficial, therefore as stated on page 8, exercise in the open air as much as possible without causing overmuch fatigue, and do not wear more clothing than is sufficient to keep up a comfortable warmth. The practice of wearing extra clothing over the Chest, as furs, much flannel, etc., is very injurious and weakening, and only adds greater liability to taking cold. Colds are never "caught" on the chest, but on the back between the shoulders. You may feel a

shiver down the back between the shoulders but never over the chest; these are the times when you take cold, either in the head, nose, or lungs.

Have plenty of light, sunshine, and air in your sleeping apartments, in particular, and in other rooms if possible, but avoid draughts. Be sure and keep the feet warm, particularly at night time. Endeavour to keep up a hopeful and cheerful disposition of mind; be determined to be happy, and avoid gloomy thoughts.

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## GENERAL PRINCIPLES OF HYGIENIC DIET.

**A**S it is the Blood alone which rebuilds wasted Tissues, and heals the bodily infirmities, and as it does this from the nutritious substances of the foods we partake of, it is self-evident that it is more the food which we eat, and not the medicines we drink, which cure the sick and restore the diseased. Consequently, if we eat wrong and injurious foods, the blood becomes loaded with disease matters and by depositing

these diseased matters in and on the internal organs produces disease. The right way then to cure disease is to eat only of those natural foods which nourish the blood, and which makes it strong and pure, when in that condition the blood soon begins to remove the deposits of disease from the internal organs by dissolving them, and taking them up in its circulation, casts them off through the intestinal membranes, and through the kidneys, skin, and lungs. This you will perceive is nature's simple and accurate method of eliminating disease, and diseased growths, of every name and nature, and all that the true physician can do is to assist that process; a process which can never be aided by the drug treatment of the medical faculty, but is always hindered thereby, because they add additional foreign matter where there is already too much. *Diet then is the true physician and nature its own restorer.*

Avoid taking too much of any liquids at meal times, and in all cases when there is any coating on the tongue, or any red or other colored gritty substance in the urine after standing, take a tumbler of hot water going to bed at night, as hot as you can

drink it, and if any medicine is prescribed to be taken at bedtime take the hot water about five minutes after the night dose.

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## WHAT AND WHEN TO DRINK.

**IT should be carefully noted:—** That the prevailing practice of drinking tea, coffee, cocoa, etc., during or soon after meals, is most injurious to the digestive process. The human stomach secretes a certain amount of gastric, and other digestive juices to aid it in properly digesting what food is taken, but whenever fluids are taken at all freely at table and during the process of digestion, these solvent juices become, of course diluted, weakened, and useless; in consequence of which the food sours, ferments, or decays, in place of being digested, causing flatulency or wind, spasms, heart-burn, &c., and thus by creating an abundance of uric acid, the kidneys become overworked and early impaired, the liver becomes deranged, the blood becomes impure, the brain becomes engorged with blood, and headaches follow. In fact, the entire constitution soon gives evidence by many pain-

ful symptoms, that disease and death must eventually follow, if nature's laws appertaining to digestion are so flagrantly violated. No animals in a state of nature eat and drink at the same time; so let nature be our guide, for as her laws are immutable, so their observance conduces not alone to the very finest condition of health, but of enjoyment and happiness also. The more you drink, the thinner and poorer your blood becomes and the weaker you grow; the more solids you take the stronger becomes your blood and the more vigorous you grow.

The best time to drink is on rising from and going to bed, and an hour or half an hour before, or two or three hours after meals, or whenever it does not interfere with the food in process of digestion. All liquids should be taken and be digested by themselves, and all solids should be digested by themselves, and this is a universal law strictly followed out by all animals in a state of nature. But the pernicious habits of social life, etc., have ruined the stomachs and killed thousands of generations of mankind. Give your stomachs the proper materials and a proper chance to

digest them, and the result must be an increase in the quality and also of the volume of blood wherewith to build up new tissue, muscle, and bone.

Those who find that they *really must* drink at table should only drink a very moderate amount of fluids, and I append **A List of the Best Hygienic Drinks**, and you may drink of the following when thirsty, viz:—  
Pure Coffee without chicory [NOTE.—This Coffee is NOT admissible for all, and those who suffer with Heart Troubles and Nervousness must not take it at all, it is more suitable for breakfast than at any other time, but only a small cup must be taken at one time.] Cocoa Shell Tea; Bran Tea—Bran Tea is made by simmering wheaten bran in as much boiling water as will well cover it, for half an hour or an hour, and then squeeze the liquor out through a cloth, or any other means of pressure, so as to get all the juice—this is much more nutritious than any beef tea or broth. As much should be made every morning as will do for the day, as it will not keep longer. It may be taken either hot or cold, adding a little coffee or boiled milk and a little sugar if preferred. You may drink as much as you like of this daily.—Apple water, made by cutting up several rosy apples into quarters, with the skin on, and boiling for half an hour and straining clear; only stout people should

take the Apple water. Linseed Tea ; Slippery Elm Tea ; or Hot Boiled Water ; Cold Boiled Water ; Scalded or Boiled Milk ; Boiled Oatenmeal Water ; Boiled Wheatenmeal Water ; or my New Botanic Coffee,

An exceedingly pleasant, agreeable, refreshing and nutritive beverage. I have been elaborating this for over 15 years, and have only just now perfected it. It is undoubtedly the finest beverage on the globe for either breakfast, luncheon, dinner or tea, and is eminently calculated to highly improve the health and general stamina of the human race, and, as a 2/6 package is sufficient for one person for about 56 days, it is not only far superior to coffee and tea, but it is also very much cheaper. It does not contain a single particle of either chicory or coffee, and I have only named it Botanic Coffee because that seems the most appropriate name for it. It strengthens the heart and nerves, and aids the digestion, skin and kidneys.

Or my New Herbal Tea is another preparation of very great merit.

Ordinary tea is extremely injurious to the nervous system and to the heart. It destroys the fineness of the skin, and induces lines, patches, wrinkles and freckles. It does this by injuring the digestion, contracting the gall ducts, and congesting the liver. My New Herbal Tea, on the contrary, completely prevents all the above, and every person who ordinarily drinks tea should at once abandon its use, and take this New Herbal Tea instead. The price is 2/6 per package.

## GENERAL INSTRUCTIONS.

**W**HEN using Ointment, or Liniment, around the throat for any throat complaint, remember to always do the rubbing *upward—from throat towards the ears*—and not downwards.

Never allow the bowels to become purged, keep them however regulated to at least one movement a day.

When troubled with any Throat or Chest complaint, you should never take any fluids too *cold* nor too *hot*, also note that very hot drinks ruin the voice especially for singing.

In any case of Dyspepsia, accompanied with Flatulency, and a noise as of wind and water rushing about the stomach or bowels, take a wineglassful of pure oil of olives after each meal, or less if it disagrees, also not more than 8 ounces of any fluid should be taken during one day in winter, and not more than 12 ounces in summer weather. Instead, stimulate the secretion of saliva by thorough mastication.

## PROGRESS REPORTS.

**P**ATIENTS under Mr. Kugelman's treatment should write him a full report of their progress about every 14 days, to the head office, 312 Flinders-st., Melbourne, so that he can keep the case thoroughly under control, and, will, if it is necessary to alter the treatment or instructions—write in return—but it must be distinctly understood that when no reply is received the patient must go on with the treatment as he is doing.

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## DIET :

### WHAT IT SHOULD CONSIST OF.

**A** Natural and Hygienic Diet should consist principally, or wholly, of articles prepared from grains, and fruits. Animal foods should be avoided where at all possible and convenient—in fact, in cases of chronic rheumatism, and kindred ailments, a perfect cure can only be effected by totally discarding all animal meats. Animal foods, including eggs, always leave a quantity of putrid matter in the body, tissues, and blood, which is both offensive, and poisonous, *therefore* if you can avoid it, *Do Not Eat of the "Slaughtered Dead"* if you desire pure blood,

a healthy body, and a sound mind, with clear intellect and strong nerves. All animal flesh, fish, and eggs, even of the very primest quality, and also foods, and liquors, of every kind and nature, which are in process of decay or fermentation, when taken into the stomach largely increase the numbers of the white corpuscles in the blood, and it is solely and only from the white corpuscle that each and every disease known to man is evolved and induced—it is in fact an animalculæ, living upon and devouring the red blood or protoplasm which alone can renew the tissues of life. The specific gravity of the white corpuscle is always lighter than that of the red, upon which it floats and feeds; hence all illness and disease has one common origin and producing cause, although many different exciting causes induce differing local appearances of the **One Common Enemy**—to the great perplexity of doctorcraft in general, and vaccinationists in particular. These are mathematical facts, easily demonstrated with the aid of a powerful microscope upon the blood of **Living Subjects**, when always an increase is at

once seen in the white corpuscle while flesh eating, and a decrease when grain and fruit eating; therefore the evidence is indisputable and infallible that flesh eating increases the death rate, and grain and fruit eating diminishes it, and prolongs life as well as removes disease. Those who eat largely of animal food, and all who suffer with disease, should remember that a safe rule is the following: an individual in a good state of health, and living largely in the open air, and sweating freely, to such a person a moderate meat diet does not so much harm, because the above conditions are favorable for the system throwing off the morbid matters induced by a meat diet, but when one considers the enormous quantity of animal food consumed per head of the population, by Australians, it is small wonder that our Hospitals are constantly full, and that all diseases multiply at an ever increasing rate. Further, in all cases, when organic disease is established, a meat diet undoubtedly increases the disease by adding still more corruption to the blood, and as it is the blood which either kills you or cures

you, how self-evidently necessary it is to keep the blood pure and sound, by eating pure and sound food, and breathing pure air. Everyone surely knows the difference between the decomposition or decay of animal flesh, and eggs, on the one hand, and of grains and fruits on the other. Now as all food taken into the body has to undergo disintegration and re-composition—the constitution then selecting and assimilating that which is useful, and discarding or rejecting that which is useless, and that which is harmful; if too great a burden of impure food is inflicted upon it, much of it remains to induce disease. Now in animal food there is much that is of a harmful and putrescent nature, in addition to the matters not useful for assimilation, whereas in grains and fruits there are not found any harmful elements at all; consequently, not containing anything that can accumulate in the blood and body to harm it, and containing richly all the elements needed by mankind for any and every occupation, even the most laborious, a grain and fruit diet is self-evidently the most natural diet. Not alone is it the best diet upon which to regain lost

health, but assuredly the best upon which to maintain it. Rest assured it is far more natural for mankind to subsist upon fruits, grains, seeds and nuts, and vegetables, than to partake of any portion of the body of a slaughtered animal—nearly all of which are diseased. It must be remembered that the ripened seed of kidney beans, French beans, broad beans and lentils, split peas, and most ripened seeds, contain in 1 lb. thereof as much nutritious and sustaining property as from 5 to 7 lbs. of meat, and do not contain anything that loads the blood with corruption, like animal meats invariably do, and all these can quite readily be prepared in a nice and tasty style and flavor, with a little care and experience, and the recipes I give at the end of this guide will be found to be—especially some of them—very nice indeed. It is not natural to be ill, it is not natural to be sick or diseased, and we commit a crime against our bodies, and against society, by taking those foods, and liquors which induce disease and sickness, because by doing so, we not only become a burden to ourselves and our families, and friends, but very

often a great nuisance, owing to the constant attention and expense entailed by many chronic diseases, paralysis for instance ; all of which is preventible, and indeed in the near future it will be considered disgraceful to be diseased. Grains and fruits exist in this country in very great abundance, and are wonderfully cheap, far cheaper than animal foods, and supply all the elements of health, strength, and longevity, and greatly assist to cure all the grand army of chronic diseases known to mankind, especially all rheumatic diseases.

All foods should always be well cooked ; in fact, if anything, have all your food cooked rather too much (it is a good fault). It is easier for the fire to cook it, than for your stomach to digest it if insufficiently cooked. Never eat between meals, the prevailing idea that fruit may very appropriately be eaten at any time between meals is a mistake. Plenty of fruit should be eaten at table, but not otherwise. The stomach requires some rest after digesting a meal, and masticate or chew everything most thoroughly ; in fact, everything you take, either food or drink, you should

most thoroughly mix it with the saliva of the mouth, otherwise it will not digest, but will produce the uric and lactic acids, which are the producing cause of rheumatism, and gout, and other diseases. The saliva contains chemical properties which are essentially necessary to perfect digestion, and to prevent the food from fermenting in the stomach, and it acts in fact as a preservative. *Take plenty of time in eating, and do not dig your grave with your teeth,* as many thousands are now doing daily—by eating white bread and too much meat. If you wish to attain to health and happiness, and banish the causes of disease from your being, you must obey the laws of nature that govern the human organisation. In that way alone can you acquire the acme of health, and power, and in no other way can humanity attain to that exalted vigor, mental, moral and physical, which is man's heavenly destiny on this planet.

**You Must,** therefore, avoid all unnatural foods and drinks. Never eat white bread, pastry, cakes, biscuits, pies and puddings, nor anything at all made from white flour, all these can be made far better from

wheatenmeal or unbolted flour. Suffering humanity in the present age is cursed with two great afflictions. The first is vaccination, which is the greatest crime of the century, and provides for the benefit of doctor-craft a constant crop of diseased patients, whose countless thousands are as the sands on the sea shore for number. The second greatest withering and destroying blight of this century is WHITE BREAD. It is the great and growing friend of the undertaker, the druggist, and the doctor. Not a living soul can be cured of any chronic organic disease, whilst white bread forms any considerable portion of the dietary. Wheatenmeal bread should be universally used by all, by the diseased and sick, and by the robust and healthy.

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## LIST OF FOODS TO TAKE.

**W**HEATENMEAL bread (well baked), wheatenmeal crackers, or wheatenmeal biscuits, oatmeal porridge, or wheatenmeal porridge (boiled for at least an hour) and fairly thick, sparingly of butter,

honey, and marmalade, or well made jams or preserves, if they agree with your digestion, ripe kidney beans, lentils, broad beans, split peas, green beans, green peas, asparagus, sprouts, spinach, broccoli, boiled onions wheatenmeal scones, barleymeal scones, oatmeal scones, wheatenmeal pudding, parsnips, carrots (if young), stewed celery, boiled celery, raw celery, celery soup, lentil soup, kidney bean soup, and broths of various kinds. In making any of these soups and broths, they are always better with sweet herbs. In this way take of any you fancy, thyme, marjoram, sage, mint, garlic, leek, onions, parsley, tarragon, angelica, fenel, carraway, celery seed, &c. Chop these up small, and put them up in a little muslin bag, and simmer in a little hot water for half-an-hour slowly, or infuse them for an hour (airtight) before the fire; then lift the bag out and add the liquor to your soup or broth in such quantity that the flavor will be agreeable to your taste and digestion. In all soups, and with all food, use the least possible quantity of salt. Salt is bad for the skin, kidneys, bladder and blood, and is especially bad for rheumatism.

Kidney Bean Curry	Kidney Beans boiled
Kidney Bean Fritters	Apple Charlotte
Kidney Bean Rissoles	Kidney Beans Salad
Kidney Beans Stewed	Kidney Beans Fricas-
Kidney Beans and Fish Rissoles	[seed

### SOUPS.

Pea Soup	Tomato Soup
Kidney Bean Soup	Sago Soup
Barley Broth	Rice Soup
Maccaroni Soup	Tapioca Soup
Vermicelli, Celery *	Lentil Soup
Asparagus *	Leek and Potato Soup*
Oyster Soup*	

\* See index for Recipes and Modes of Cooking.

## WHAT FOODS MUST BE AVOIDED.

ALL THE FOLLOWING :

**B**AM, pork, bacon, fat, fat meat, fatty foods, fried meat, sausages, salted meat, smoked meats, salted and smoked fish, tinned fish, lobsters, RAW MILK, unripe fruit, over-ripe fruit, new and watery potatoes, spices, vinegars ; if digestion is bad avoid potatoes altogether, tea, cocoa, wines, spirits, and all ærated waters or fermented spirits, cooked eggs, baking powders, soda, cream

of tartar, self-raising flour and all other chemical flours are very dangerous; radishes, artichokes, cream, the internal organs of any animal, pickles, stewed meats, raw vegetables, undercooked foods of all kinds, new bread, sour bread, and all sour foods and fermenting substances, white pastry and everything made from white flour, white breads, white scones, boiled puddings made with white flour, and in addition those who are troubled with indigestion should also avoid cheese, cabbage, cauliflower, turnips and all soups.

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### **PURE OIL OF OLIVES AS A FOOD AND A MEDICINE.**

**T**HE value of pure oil of olives is beginning to be much more generally recognised all throughout the world than it formerly was. Eminent European authorities have experimented with it, and found it a potent agent for any defects of the excretory ducts, especially the skin. While a fruit diet is most wholesome, it is deficient in oil or fat. Most kinds of nuts contain a considerable amount of oil, but some persons'

digestive organs are not sufficiently strong to enable them to obtain the requisite amount of oil from such a pleasant article of food. All animal fats have a tendency to clog the system and derange the liver, whereas oil of olives has a distinctively beneficial influence upon this organ as upon all the emunctories. It should be largely used instead of butter, in cooking, frying, and baking. It is also remarkably good to mix oil of olives in the meal used for bread-making, and in biscuits, scones, crackers, porridge, and in gruel. Its beneficial effects when taken in conjunction with a fruit diet have been frequently remarked upon the hair, nails, and scalp, quickly clearing the latter of scurf, and supplying to the sebaceous glands the oily substance which they secrete when in a healthy condition, and the absence of which is the cause of debility of the hair, frequently ending in baldness. It has long been observed that those persons who look upon oil of olives as a common article of food, and take it as such, are generally healthier and in better condition than those who do not. Its therapeutic and prophylactic properties

are now becoming well known to medical men. Oil of olives is destructive to certain forms of micro-organic life, and it is reasonable to suppose that they can best be eradicated from the system by its internal use. The use of oil of olives not only does this, but it restores to the worn-out or diseased tissue just those elements of repair that its reconstruction demands. Oil of olives is now used in many ways at one time never thought of. Besides being more largely used medicinally, it enters into various processes of cooking much more extensively than it did. It is well known that eggs fried in good oil of olives are much better flavoured than when any kind of fat has been used. In massage, bathing, and for numerous other purposes the use of this most natural valuable food is greatly extending. Olive-growers should take heart of grace and enlarge their plantations in view of an ever-increasing demand. In order that patients may obtain the real pure oil of olives, I have secured a large consignment of the very finest quality of the virgin oil direct from the plantation, which has been obtained only from fully matured and ripened olives, according

to my own instructions, and can supply it in large or small quantities.

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### BREAD (white).

USUALLY supposed to be the "staff of life," has become the crutch of disease and the sword of death, to millions of the human race, and yearly makes the fortunes of the doctor, druggist, dentist, and undertaker. Undoubtedly, the prevailing use of superfine roller flour is one of the greatest crimes of the modern world. What a lamentable spectacle is presented to the mind, when we contemplate the wholesale ruin wrought upon mankind, by the perversion and violation of the Dietetic Laws of our being, as evidenced by our bread supply.

With infinite wisdom and wonderful prodigality, Dame Nature has elaborated in a single grain of wheat, as nearly as possible, the entire elements required by the human constitution, for its growth, development, maintenance, repair, and longevity, but civilized mankind has, in white roller-flour, destroyed the wisest, and most wonderful combination, existing on this planet, by depriving the

flour from which our bread is made, of its very best and most essential elements of brain, bone, muscle, and nerve-forming substances; producing a long train of bodily diseases, too numerous to mention here. White flour, and bread, pastry, &c., made therefrom, dries and contracts the biliary duct, makes the bile or gall itself sticky, gummy, and thick, so that it cannot flow freely into the duædenum and intestines, which for want of its beneficially lubricating, and stimulating influence, become, to a great extent, dry and inactive, resulting in chronic constipation, dyspepsia, &c., which lead on to, and make the system liable to every disease known to medical men. **Our Bread** should be exclusively made from whole wheaten flour, *i.e.*, well and finely ground wheat, without any portion whatever of the grain having been sifted or bolted therefrom, and bread, made from meal of this description, is perfectly fitted to sustain the human race, and to up-build it to a far greater and higher ideal of physical development, than has ever yet prevailed in history, past or present, and should be very largely and universally eaten by all who wish to maintain their health, or to restore it if diseased.

Our wants are indeed but few—that is, our natural wants—and extremely easily supplied—and indeed, if we take this ideal bread, ripe apples, ripe kidney beans, and pure oil of olives, we have really everything that is necessary upon which to establish a magnificent physique, keen intellect, a prime and lasting stamina, and a bright and happy people, whose blood would be purified and regenerated from all the corrupting taints of Consumption, Scrofula, Syphilis, Cancer, both hereditary and acquired, and whose vital currents would leap in living joy through their unobstructed channels, their unfettered nerves harmoniously obedient to the mandates of the organic intelligence, and the rose of health blooming in grateful acknowledgment over the integrity of the soul's citadel.

This picture is not merely a probability, but an easily completed possibility, and after a most successful practice as a natural physician extending over 25 years, on the lines indicated, I am in a position to affirm the absolute correctness of the principles and propositions I have briefly stated, but in addition, I will quote from a valuable work on Diet, by Dr. A. J. Bellows, entitled, the "Philosophy of

Eating," and which is well worth reading by all who are interested in this subject. I do this because it has become a very momentous question indeed, and should be carefully considered by all. On page 22 he states :

"Scientific laws are applied to the care of our horses, to make them beautiful, strong, swift, healthy, and docile; and to our cattle, and pigs, and hens, to enable them to furnish us with their invaluable contributions to the necessities and luxuries of life; and our farmers know just what food to give them in order best to develop these resources. We have also books on bees and canary birds, teaching what they must have ; and what they must not have in order to be healthy, But our children, without whom all these blessings would be of little value, are left to die, or grow up if they are sufficiently tough, without the application of science, or even common sense, to their care or culture. What two mothers can be found to agree in regard to the diet or regimen of their children? Who studies as much to learn how to feed himself as how to feed his cattle, or even his pet dog? But are we not better than they? Did God give laws for feeding them and no laws for feed-

ing us and our children?" And he continues: "But the average distribution of the elements in a grain of wheat more nearly corresponds with the requirements of the human system, under ordinary circumstances, than any other grain; and life and health can be continued on wheat alone for an indefinite period with good water and good air."

Wheat will, therefore, be the standard by which to compare other articles of food.

## ANALYSIS OF WHEAT.

(DR. A. J. BELLOWS.)

*The average composition of one hundred parts.*

Water	..	14	0	} or {	Water ..	..	14	0
Gluten	..	12	8		Nitrates or			
Aibumen	..	1	8		Muscle-makers		14	6
Starch	..	59	7		Carbonates, or heat			
Sugar	..	5	5		and fat producers		69	8
Gum	..	1	7		Phosphates or food			
Fat ..	...	1	2		for brains, nerves,			
Fibre	..	1	7		etc.	..	...	1 6
Minerals	..	1	6					

These principles are made up of the fourteen elements which constitute the human system, and the proportion of the muscle-making, the heat-producing, and brain and nerve-feeding elements are about the average proportions required in moder-

ate weather, with moderate exercise of physical and mental faculties. But the distribution of these elements is not equal in all parts of the grain ; and this, we shall see, is very important to be understood as ignorance of this fact has led to the sacrifice of the most important elements. The muscle-makers, occupying or constituting a crust around the outside of the grain being from 12 to 15 per cent. of the whole grain ; the heat or fat-producers occupying the centre, being from 60 to 70 per cent., and the food for the brains and nerves occupying the chit or germ, being from  $1\frac{1}{2}$  to 3 per cent.

The limits of these principles are not, however, as circumscribed in the grain as appears by the above, a small per cent. of nitrates being mixed with the carbonates, and a part of the phosphates being mixed with the nitrates ; indeed, the phosphate of lime, which goes to form bones, is almost all mixed with the nitrates in the crust ; while the soluble phosphates, which feed the brain and give mental vigour, are mostly found in the germ ; and this arrangement is found to exist in all the grains and all the seeds of

grasses,—the smallest seed under the microscope showing the same organization as that exhibited in wheat,—the smaller seeds, however, containing much larger proportions of the nitrates and phosphates, being intended for the support of birds of great activity.

To understand how large a part of the phosphates and nitrates is lost in bolting to make superfine flour, it will be necessary to explain that gluten, which is the principal nitrogenous element in wheat, is tenacious or adhesive, while the starch, the carbonaceous, element is globular and crumbly; the consequence is, that in grinding, the glutinous crust is separated in flakes, and is sifted out, leaving the flour composed almost entirely of starch, which contains no food for brain or muscle.

The outer layers of the wheat, constituting 12 or 14 per cent. of the whole grain, contain a large part of all the muscle-making elements of the wheat; and, being adhesive, it is easily separated from the more crumbly particles of the starch below, consequently it is separated from it in grinding and bolting, and much of it is lost with the bran. The germ, also, which contains, with the gluten,

the soluble phosphates is also tenacious and much of it goes off with the bran. The insoluble or bone-making phosphates, being mixed with the nitrates, is also lost. Nothing, therefore, can be more clearly proved than that in using perfectly white, superfine flour, we sacrifice the most important elements of the wheat merely to please the eye. And yet this is the kind of flour which probably makes more than nine-tenths of all the bread in our cities, besides the large amount used for cakes, puddings, and pastry.

The farmer knows that wheat will not grow in soil out of which is taken any of the essential elements that constitute that grain; and he either supplies these elements, or he makes no attempt to raise wheat.

Yet how many of our citizens are attempting to raise children on superfine flour, and butter, and sugar, neither of which contains food for the muscles, or bones, or brains, sufficient to keep these organs from actual starvation! Every one also who keeps fowls knows, that to get a supply of eggs, and raise chickens, hens must be supplied with other food than Indian corn meal, which contains too many of the carbonates

or fattening elements, and too few of the phosphates and nitrates, to supply the shells of the eggs or muscles of the future chick.

They are therefore fed with ground bones and eggshells for the one, and meat or insects for the other purpose. But how many expectant and nursing mothers, not knowing or considering their responsibilities, live on superfine flour, bread, and butter, and puddings, and sweet sauce, and cakes, and confectionery, which contain little else than the three articles of food before mentioned, and in which are only found the carbonates, or fat and heat-producing elements, and only very little food for the muscles and tissues, or bones, or brains! The results are inevitable. One half of the children die before they are five years old, and many before that age have, for the want of phosphate of lime, defective teeth and soft and rickety bones.

If they live to grow up under the same disregard to their natural requirements, their muscles are poorly developed, their tissues are weak, and susceptible to disease for the want of the nitrogenous elements of food; their bones, and brains, and nerves

are weak, and subject to disease for the want of the phosphates ; while, by over feeding with the carbonates, the whole system is heated and excited, and ready to be inflamed by the first spark of disease ; and the inevitable results are inflammations, fevers, neuralgic pains, consumption, defective teeth, re-active exhaustion, chlorotic weaknesses, and diseases and pains innumerable.

It seems to me that the arch fiend, who is represented as, "walking about seeking whom he may devour," has never devised a more effectual plan for tormenting and devouring the human race than this.

The penalties for the breach of Natures' Laws are always severe in proportion to the importance of the purposes to be subserved by them, and they must follow the transgression as effect must follow the cause. No less severe punishments than those mentioned above, could be expected to follow the utter disregard for that wonderful arrangement by which in a single grain of wheat could be supplied all the elements necessary for the growth or support of all the organs and functions—an arrangement which even Infinite Wisdom could not

effect, but by a process that required countless ages of time. To these penalties we shall have occasion to refer again when treating of diet for the sick.

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### **Butter, Sugar and Superfine Flour.**

(DR. A. J. BELLWS.)

THE articles, the common use of which brings upon this community, the terrible evils to which I have referred are fine white flour, butter and sugar. These articles, made up almost entirely as they are of heat-producing nourishment, are wholesome and necessary food to the extent of more than three-fourths of all our solid nutriment, that great proportion of the carbonates being required to supply fuel and fat; but they contain so few of the elements that support the muscles and solid tissues, and so few that give us vital power, that either alone, or all three combined, could sustain life only for a very limited period—probably not two months. These three important elements of food are found in abundance combined with the important elements which the system re-

quires, and in many they are found combined in just the proportion required ; indeed, in all foods in such proportions as to adapt them to the different temperatures and circumstances in which we may be placed, so that we have no necessity, or even apology, for separating what God has thus joined together.

Starch, of which fine white flour is mostly composed, is found in the entire grain of wheat, and in many other grains and leguminous seeds, combined with muscle-making and brain-sustaining elements, in just the right proportions.

Butter is found in milk, also combined with all other necessary elements in exactly the right proportions ; and sugar in vegetables and fruits ; and, it is a fact our relish for, and enjoyment in, eating these different combinations of necessary food are in exact proportion to their adaptedness to our wants at the time we take them. But for the perversion of our appetites, caused by eating these three articles in an unnatural state, we should always desire most what we most need, and could always eat all we want of what we best like. And, even after our tastes

have become perverted, we find, on giving attention to this subject, that the more nearly we conform to Nature's requirements in the selection of food, the more we enjoy the pleasures of eating ; so that in the pleasures of the table, as in all other pleasures, they enjoy the least who most anxiously enquire, "Who will show us any good?" While they enjoy most who only expect pleasure in the line of duty.

We all instinctively desire, also, more of these heat-producing articles in cold weather than in warm, and eat without considering the reasons for doing so, much more of the fats of animals, and butter, and buckwheat cakes, with syrup, in winter than in summer ; and as spring opens we begin to desire cooling green vegetables and acid fruits and this desire increases till in very warm weather, we loathe the food we most esteemed in winter ; and if our appetites fail in warm weather it is because our housekeepers persist in supplying us with the same fat meats and the same farinaceous puddings, with sauce of butter and sugar, which were furnished in winter. Let our housekeepers just keep in mind the fact that these articles only stand in

the way of gratifying our tastes and inclinations in regard to food, and they will find that the science of cooking is very simple, and the wants of a family are very easily provided for. But we need not abandon either of these perverted articles entirely. Let us only consider how to correct the errors into which we have fallen, and use "all the treasures of God which are good and not to be despised," so as to make them contribute to our health and happiness. Of this perverted trio of good things, wheat is the most important because most extensively used, and by far the most valuable.

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### ANALYSIS OF WHEAT.

1. The outer coat, or true bran, containing iron, silica, and some other elements required in the human system, and not found elsewhere in the wheat, but composed mostly of indigestible woody fibre, which is also useful as waste to keep the bowels in action—even the outer bran should therefore be saved.
2. Gluten cells, surrounded by diffused gluten and bound by it to the true bran, so that

in sifting or bolting a large portion is lost. Nine-tenths of all the muscle-making elements reside in this coat or crust, and also the phosphates of lime and soda, of which bones are made, the most of which are lost in fine white flour.

3. Cells forming the central mass of wheat composed mostly of starch, with a little albumen and gluten intermixed, and also some of the phosphates connected with the gluten.

Starch, though a valuable element of food, and the principal element in vegetable food to keep up animal heat, is so perfectly destitute of the essential element for sustaining life, that living on that alone, as proved by experiment, any animal will die in 30 days.

A little study will enable anyone to understand and believe the estimate of Megè Mouriès, of France, to be true, that there are fourteen times as much of the phosphates and nitrates "in commercial bran as in commercial superfine flour," and this important fact is proved by three separate and distinct calculations by

Mège Mouriès, of France, by chemical analysis of the bran and flour; by Dr. A. A. Hayes, of Boston, who first suggested the idea of applying tests to the whole grain, showing the arrangements of elements as already delineated, the truth of which statements I have carefully tested, as have other chemists; and Mr. Thomas J. Hand, of New York, an amateur microscopist of great assiduity and skill, who has spent many years in microscopic observations on wheat. There can be, therefore, no proof more clear and positive than that superfine white flour is deprived of a large portion of the most important elements of food.

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### **Varieties of Bread and Bread Making in Relation to Health and Strength.**

(DR. A. J. BELLOWS.)

The most important use of wheat is for breadmaking. For this purpose, on many accounts, it is better than any other grain, and being better, is more extensively used in every civilised country.

As bread is the staff of life, wheat, of which it is most extensively made, is called the

“queen of cereals ;” and though by producing sickness and suffering and death, her reign is one of terror, especially in this country and in Europe, and it would not be desirable to dethrone her ; but it would be desirable to inaugurate such a change as to make her reign a reign of mercy. The necessity and importance of a change in regard to the use of white bread can be understood by considering a few facts.

It is estimated that ninety-five per cent. of bread used in city life is made of wheat flour, out of which has been taken, by the process of grinding and bolting, all but about 5 per cent. of its muscle making and life-supporting elements, so the fifteen *bags* are required to furnish as many of these elements as one *bag* of unbolted wheat meal.

The nitrates and phosphates are inseparable by mechanical means, being bound together by gluten, of which it is mostly composed, while the carbonates, being mostly starch, which is granular, and loosely adherent, is easily separated from the glutinous crust by the process of grinding and bolting. In making superfine flour 25 per cent. of the meal goes off in the siftings, of

which 15 per cent. is of the nitrates and phosphates and 10 per cent. of carbonates.

That superfine flour bread does not contain all the elements necessary to keep the system in order, under any ordinary conditions of life, is universally admitted by all who have given attention to the subject, and that there are objections to the usual manner of making bread, is also well known by all scientific men ; and the question has become an important one, How shall wheat bread be made a reliable "staff of life," instead of the broken reed which it is now admitted to be ?

What then is the true method of making bread ? My "ideal" loaf is made from wheat perfectly fair, and free from smut or other disease ; not having been wet and moulded before or after harvesting, and not having been heated before or after grinding ; carefully kept clean after being properly ground, so as to need no sifting, and not being bolted, it retains every part that belongs to it, and needs no addition, except cold water and a little salt.

Such bread has been made light and of course digestible, sweet and delicious to the taste, and containing, as it does, in just the

right proportion every element required by the human system, and being sufficiently porous to allow access to every part by the juices of the stomach, and containing in its cells neither carbonic acid gas, or in its substance any phosphorous, or soda, or potash, or other deleterious materials, is perfectly adapted to fulfil every requirement of nature, without so far as I know for general use, a single drawback.

Such bread I have known placed on the table of a large, particular, not to say fastidious family, with the nicest and whitest family bread and every member take it in preference. Light bread cannot be thus made from bolted flour for want of the natural gluten, and this is an additional evidence that "true bread" requires for its construction no addition to, or subtractions from, its natural elements ; indeed, the conclusion is to my mind irresistible, that, after such infinite pains in collecting in the soil, and making laws by which they should be collected in a single grain of wheat all the elements in just the right proportions and combinations necessary to supply the wants of the human system, our Heavenly Father would not leave this food so imperfect

as to require either addition or subtraction in order to render it digestible.

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### **Recipe for Making Natural Bread.**

(DR. A. J. BELLOWS.)

Bread light, sweet, delicious, and eminently wholesome, may be made by mixing good unbolted wheat meal with cold water, making a paste of proper consistence, which can only be determined by experiments, pouring or dropping it quickly into a heated pan. The pan must be sissing hot and the oven as hot as possible. That with concave compartments is best, and placing it quickly in a hot oven, and baking it as quickly as possible without burning. The heat of the oven and pan suddenly coagulates the gluten of the outside which retains the steam from within, and each particle of water being interspersed with a particle of flour, and expanded into steam, separates the particles into cells, and being retained by the gluten, which is abundant in this natural flour, till it is cooked, the mass remains porous and digestible, and containing no carbonic acid is wholesome when eaten immediately, and of course equally so on becoming cold.

But for family bread, if not eaten till it has stood in pure air till the carbonic acid gas in the cells is exchanged for the oxygen of the air, there is no important objection to bread made from good unbolted wheat meal with fresh yeast. It contains all the elements necessary for feeding the muscles and brains, and for producing all the fat and animal heat required, and contains no materials essentially deleterious ; and bread thus made from good superfine flour is only negatively deleterious, having lost its food for muscles and brains, it need not, therefore, be discarded if at the same meal these elements are supplied in lean meat, fish, or cheese, or other food containing similar elements ; but if eaten with butter or sugar only, and nothing else, would soon make of us bloated and stupid idiots.

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### **Wheatened Bread Make with Yeast.**

If preferred this bread may be made in the ordinary way with yeast and thoroughly well baked. The loaves should not be made too large, as this bread cooks better if the loaves are small and flat.

## NOTES ON MODES OF COOKING.

IN the first place I wish to draw very particular attention to the pernicious system of cooking vegetables, which almost universally prevails, of *boiling them in water*. By doing this most of the natural saline and medicinal properties are dissolved into the water, which is thrown away, the consequence being that the vegetables are so very flavorless that it necessitates the artificial addition of salt, and other ingredients, which are really very harmful in many ways. *Vegetables should never be boiled*, but, instead, should either be steamed, baked, or roasted, the easier method being to steam them, thus retaining their natural qualities and flavor. Steamers which fit into the ordinary saucepans can now be obtained at most ironmongers and storekeepers; they can be had in sets to fit one above the other, so that 3 or 4 kinds of vegetables can be steamed at once over the one saucepan. Whenever potatoes are cooked by steaming, they should always be in the top steamer, and when they are quite cooked they should be kept entirely uncovered, even when sent in

to table, because if a lid or cover be placed over them, the expanded starch cells at once collapse, and the potatoes lose their floury nature, and become "waxy" and indigestible. This applies even more to potatoes when *boiled*, and also to roasted and baked ones. Soda should never be added to vegetables to give them a "good color," as it is injurious to the stomach, spleen and kidneys.

**Frying.**—Always use pure oil of olives for frying, it is infinitely superior to butter, beef fat, or any other substance; it gives a much finer flavor to all fried foods, no matter of what kind, besides which, oil of olives is far more digestible, and is of itself of great benefit to the constitution in many ways, and in reality is quite as cheap as butter is, and whereas there is always a certain amount of danger of tuberculosis in butter and beef fat, the oil of olives destroys these and other microbes of disease.

**Milk and Butter.**—All milk used should be boiled, to destroy as far as possible the germs of consumption. It must be carefully borne in mind that all cattle (the world over) are naturally more or less diseased or affected

with tuberculosis, and from them it is, that consumption has first come into the human species. Tuberculosis is the congenital disease of the bovine species, and all cattle have it, in either a latent, or more or less developed stage, just as, scrofula, is the natural and congenital disease of swine, consequently if you take raw milk, or underdone beef, which naturally contains the germs of consumption, you must expect to become consumptive yourself. On the other hand, if you partake of the flesh of swine, you must expect to become scrofulous, and deserve to become diseased.

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### HOW TO COOK KIDNEY BEANS.

**KIDNEY Beans (BOILED).**—Well wash them and soak in clean cold water over night; boil them with the liquor that they were soaked in, until quite tender, that will be in about two hours, or until the bean is easily crushed between the thumb and finger. Serve as a vegetable. Always keep the water in which kidney beans have been boiled for stock to make soups with, but it is better if the liquor is almost entirely boiled into them.

NOTE.—A tablespoonful of oil of olives added before boiling improves them.

**Kidney Beans and Minced Onions.**—

INGREDIENTS:—1 lb. of beans, two onions, half-a-cup of good gravy, pepper and salt to taste.

MODE:—Peel and mince the onions, not too finely, and fry them in oil of olives a light brown colour (if no oil of olives can be had use butter); dredge over them a little flour, and add the gravy and a seasoning of pepper and salt; have ready the beans well boiled and drained. Put them with the onions and gravy, mix all well together and serve very hot. Time:—From 2 to 2½ hours to boil the beans. Five minutes to fry the onions.

**Another nice Dish (RISsoles).**—One cup kidney beans, ¼ cup breadcrumbs, ¼ cup of potatoes, one tablespoonful oil of olives; season with marjoram, thyme or sage, pepper and salt (the less salt the better). Boil kidney beans well, (any left over from previous day's dinner would answer the purpose as well), mash them and mix with breadcrumbs and oil of olives, add seasonings and fry in oil of olives a light brown. Garnish with parsley and serve very hot.

**Kidney Bean Curry.**—Soak 1 cup beans over-night then rub off the skins. Fry in a little

oil of olives one large onion and two apples pared, cored, and sliced. Brown but do not burn, then add the beans, a dessertspoonful of sugar, a little salt and curry powder to taste, cook until the beans are soft ; skin and add the juice of half a lemon, and half a cup of cream. Serve with rice hot.

**Kidney Beans (STEWED).**—Wash one pound of kidney beans in cold water—soak over night, set them to boil in cold water and a little salt, and boil until they are tender, put them into a saucepan with two onions finely minced, some fresh sage, thyme or marjoram chopped fine, and a tablespoonful of oil of olives or butter ; add half a pint of water, cover and cook very slowly until the whole is perfectly tender. Add a squeeze of lemon and serve hot.

**Kidney Bean Fritters.**—One cup soft boiled beans, one cup apples (baked), remove cores and skin—one cup soaked crusts of bread with water well squeezed out, add a little salt, one egg ; mix all these well together and roll out thin ; fry in oil of olives and serve at once, or if preferred whip up with cream and pour into a pan of hot oil of olives and fry.

**Fish and Kidney Bean Rissoles.**—Any remains of cooked fish (remove bones), and same proportion of cold boiled beans, parsley well washed and cut finely, a little fine thyme and marjoram, salt and pepper to taste, mix with a little oil of olives—serve at once. Sardines may be used in place of any other fish if preferred.

**Boiled Kidney Beans Flavored with Fried Onions.**—Soak two cupsful of the Beans over-night; boil next day in the same liquid that they were soaked in until quite soft without breaking, which will be in about two (2) hours time. Before putting into the vegetable dish have ready the fried onion, prepared in the following way:—Take a small onion, minced or cut up very finely, fry in the best of oil of olives (a light brown); mix in the beans quickly without smashing them. To be eaten quite hot.

**Kidney Bean and Apple Scones.**—(INGREDIENTS):—One cup of boiled kidney beans, one cup of sweet baked apples, (say four medium sized apples,) remove skin and cores, one table-spoonful of grated citron or lemon, one cup wheatenmeal, one table-spoonful fresh cream if desired, one egg and a

little yeast, and a tablespoonful of treacle. **MODE:**—Beat egg, yeast and cream well together (cream can be omitted if preferred), add the treacle, then mix the beans, apples, citron and wheatenmeal together, add this to the egg mixture ; roll out thin and fry in oil of olives to a golden color.

**A Nice Breakfast Dish.**—Cut rather thick slices of wheatenmeal bread, dip into cold milk and egg beaten up (one egg a cup of milk) ; have ready some boiled kidney beans hot, and then have ready oil of olives up to boiling point, fry the bread quickly, put a good layer of beans between the slices, cut into squares and serve piping hot.

**Kidney Beans (FRIED).**—**INGREDIENTS :** Take one cupful of cold boiled kidney beans, one small onion, small quantity of very finely chopped parsley, one tablespoonful tomato sauce ; have ready clean frying-pan, with best quality of oil of olives up to boiling point ; mix all the above ingredients together first, mincing and frying the onion first in oil of olives—a nice brown. If pure oil of olives is not obtainable use butter, but the oil of olives is in every way preferable, and fry the whole well. Serve hot.

**Splendid Mode of Baking the Kidney Beans.**—One large cupful of boiled beans boiled until quite soft, in same liquor as soaked in over night. Take one cupful of the kidney beans, one cupful of grated bread crumbs (wheatenmeal preferred), one cupful of tomatoes peeled and sliced, a little mace, season with very little salt and pepper, one teaspoonful of finely chopped parsley or sage, marjoram, or thyme, according to taste, the rind of a grated lemon will be found a great improvement, one tablespoonful of pure oil of olives.

**MODE.**—Pie dish well greased with oil of olives, or butter if the oil of olives is not obtainable—but much preferred—then put a layer of the tomatoes in the dish, sprinkling of lemon, then a layer of the wheatenmeal bread crumbs, adding a small quantity of the seasoning to each layer, also a small quantity of the oil of olives, then a good layer of the beans, and so on until the baking or pie dish is full; cover with another dish or plate and bake until nicely brown in rather a brisk oven.

**NOTE.**—This dish can also be made plainer, by omitting many of the seasonings mentioned, and

using any other ingredients you may prefer instead. When tomatoes are not in season a moderate sized onion cut up very finely (or fresh leeks) fried a golden brown before adding will be found very tasty.

**Kidney Bean Soup.**—(SUFFICIENT TO MAKE TWO QUARTS):—This Soup is very delicious if made in the following way:—

Have ready four cups of the kidney beans, put them in a stewpan adding sufficient cold water to make two quarts, let them cook gently until the kidney beans begin to crack, then add a very small quantity of pepper and salt, two tomatoes peeled, two leeks, fried light-brown in oil of olives, adding a little parsley or thyme, one table-spoonful of sago, or tapioca, boil gently until the kidney beans are ready to be rubbed through a colander or sieve adding more water if necessary, mash and return to the stewpan, adding the juice of half a lemon and one tablespoonful of the best quality of oil of olives. This soup may be made with milk instead of with water, a method preferred by many.

NOTE.—This soup must not boil after the lemon is added.

**Apples and Sago.**—Peel and core six apples of an equal size, place them in a pie-dish, with a teacupful of raw sago, with sufficient cold water to cook the sago well, the juice and grated rind of one lemon, small quantity of sugar. Bake in a moderate oven until well cooked, which will be in about an hour ; more water can be added while cooking if getting dry.

**Apple Charlotte.**—INGREDIENTS.—Four good sized apples, bread and butter, little cinnamon, sugar, and a lemon ; wheatenmeal bread.

**MODE.**—Slice apples thin, put a layer in a well oiled dish, sprinkle with sugar, cinnamon, and a squeeze of lemon ; then place a layer of thin bread and butter on this, then another layer of apples, &c., and repeat this until dish is full, then last of all put a layer of bread without butter, and heap apple peelings on top to prevent it from burning, and to keep it moist.

**Apple and Sago Flummery.**—Peel and cut up about eight good sized apples, place them in a pie-dish, with one breakfast-cupful

of sago (raw), grate one lemon, add the juice of it, a little sugar, and bake rather slowly, when almost cooked take a fork and beat all up thoroughly for about five minutes, then put back in a hot oven and bake a nice brown ; the white of one egg whisked well and put on top of the apples and sago five minutes before serving, will be an improvement ; a sprinkling of ground cinnamon, or nutmeg grated on in place of a lemon can be used if preferred.

**Hot Wheaten-Meal Crackers.**—Mix three cups of wheaten-meal flour, and a little salt, and sufficient BOILING water to make a nice thickness ; roll out very quickly to a very thin paste, and bake in a very hot oven, or may be fried in a little oil of olives immediately. The paste must be very moist.

**Wheaten-Meal Pudding.**— $\frac{1}{2}$ lb. wheaten-meal breadcrumbs, 1lb. raisins,  $\frac{1}{4}$ lb. candied peel,  $\frac{1}{4}$ lb. wheatenmeal,  $\frac{1}{4}$ lb. best oil of olives,  $\frac{1}{2}$ lb. sugar, two large apples, chopped finely ; mix all together and put in an oiled mould or pudding dish, and boil for six or eight hours. Note.—This pudding may be baked instead, if preferred.

**GRAIN, SEEDS and OTHER PRODUCTS.**

**W**HOLE wheat boiled like rice, is quite as good, and is in fact far more suitable to our Australian people than rice is. It should be soaked over-night and then boiled, or better still, steamed until well cooked and quite soft enough to mash, it may then be served as an ordinary vegetable, or it may, after cooking as above, be baked with finely minced onions and oil of olives or butter. This is worth knowing for those unable to obtain other food. It will sustain the bodily vigor and stamina under the very hardest and severest labor.

Wheatenmeal—Bread		Oatenmeal—Cakes	
„	Scones	„	Crackers
„	Puddings	„	Biscuits
„	Biscuits	„	Groats
„	Crackers	„	Scones
„	Porridge	„	Tea
„	Pies	Peas—Split Peas Pud-	
„	Cakes	ding	
„	Pastry	„	Split Peas,
„	Tea	boiled	
„	Nuts	„	Flour Cakes
Oatenmeal	Porridge	„	„ Crackers
„	Gruel	„	„ Soup

Barley—Pearl	Rice—Flour Crackers
„ Meal Porridge	„ „ Baked
„ Rolled or	„ „ with prunes
flaked por-	„ „ „ figs
ridge	„ Ground, baked,
„ Meal Scones	„ „ with raisins
„ Broth	„ „ or other fruits as
„ Meal Pud-	„ „ preferred
dings	Lentils—German,
„ Griddle Cakes	„ „ boiled
Buckwheat Cakes	„ „ German,
„ Mush	„ „ steamed
„ Bread	„ „ German,
„ Crackers	„ „ Soup
Maize or Indian Corn	„ „ Egyptian,
„ Flour Scones	„ „ Soup
„ „ Cakes	„ „ Egyptian,
„ „ Soups	„ „ boiled
„ „ Crackers	Broad Beans, ripe seeds
„ „ Bread	„ „ „ boiled
„ „ Mush or	„ „ „ steamed
Porridge	„ „ „ baked
Rice—Boiled	Kidney Beans, ripe—
„ Baked	„ „ See Recipes, page 54
„ Puddings	Maccaroni—Boiled
„ Soups	„ „ baked
„ Flour Cakes	„ „ Puddings
„ „ Biscuits	„ „ Soup

Vermicelli Soup	Tapioca Pudding
„ baked	„ boiled
„ Pudding	„ Soup
„ boiled	„ baked
Sago Pudding	Rye Cakes
„ boiled	„ Bread
„ Soup	„ Scones
„ Cakes	„ Crackers
	„ Meal Porridge

NOTE.—As a general rule Rice is not cooked anything like sufficiently, which is a very grave error, as this most nourishing food is not so digestible and light, as is usually supposed, unless well cooked.

### FRUITS, DRIED.—Modes of Cooking.

Dates—	Raisins, Eleme—
Stewed, roasted	Stewed, roasted
Figs—	Apples—
Stewed, roasted	Stewed, roasted
Prunes—	Peaches—
Stewed, roasted	Stewed, roasted
Raisins, Sultana—	Apricots, if not acid—
Stewed, roasted	Stewed, roasted

NOTE.—For those of good digestion Muscatel Raisins, Almonds, Walnuts, and all Nuts are good, but not late in the evening.

**FRUITS, RIPE (fresh).**

Granadillas	Currants, black
Custard Apples	Mallee Currants
Oranges	Apricots, red
Lemons	Wineberries
Plantains	Barberries
Passion Fruit	Persimmons
Grapes	Pomegranates
Pears	Bilberries
Quinces	Figs
Pine Apple	Bananas
Nectarines	Guavas
Peaches	Limes
Plums	Loquats
Green Gages	Tamarinds
Damsons	Rock Melons
Gooseberries	Musk Melons
Raspberries	Mulberries
Strawberries	Dates
Cherries	Apples
Egg Plums	Cape Gooseberries
Currants, red	Tomatoes

As a rule most people, especially invalids, should eat some bread with all fruit eaten, so as to serve as an excipient or absorbent of the fruit juices in the stomach, thus preventing the fruit from becoming too pulpy in the stomach and fermenting.

**VEGETABLES RECOMMENDED.****And Modes of Cooking.**

Turks' Head.—steamed, baked, or boiled.

Vegetable Marrow.—steamed, baked, or boiled.

Squash.—steamed, baked, or boiled.

Pumpkin.—steamed, baked, or boiled.

Carrot, mashed, steamed, baked, or boiled.

Parsnip, mashed, steamed, baked, or boiled.

Asparagus.—steamed, or boiled.

Celery, salad, steamed, stewed, or boiled.

Broad Windsor Beans, steamed, or boiled.

Tomatoes.—Raw, stewed, baked.

Leeks.—stewed, boiled, steamed.

Onions.—stewed, baked, steamed, boiled.

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**POTATOES.—Modes of Cooking  
Recommended.**

NOTE.—Only well matured, ripe potatoes, must be used, and never soak them in water, nor peel them a long time before required to cook them as it is injurious.

Potatoes Roasted on coals.

„ Baked in oven with oil of olives, or  
around a joint for those who  
take meat.

„ Steamed.

Potatoes.—Steamed, and mashed with oil of olives, squeeze of lemon, and grated or minced onion, with minced parsley.

„ Fried in oil of olives in slices or mashed.

„ Fried, mashed with minced sweet herbs.

„ Chips.—Raw potatoes, peeled and cut into square strips of a finger's length and thickness, and dropped into boiling oil of olives and cooked until nicely browned; take them out on to a hot dish drain off any oil remaining and add more as required. Serve very hot, with a squeeze of lemon. These are very light and digestible.

„ Cakes.—Ingredients : Mashed potatoes, 1 cup; fine wheaten meal,  $\frac{1}{4}$  cup; oil of olives, 2 table-spoonsful; a little salt. Mix well. Then add warm milk sufficient to mix into a light dough. Bake at once in a very

quick oven or drop them into boiling oil of olives until nicely browned.

Potatoes, Boiled.—Only if not able to cook by any of the other methods named.

**Those who do not suffer in any way from Indigestion nor from Flatulency may take in addition :**

Cauliflower.—Steamed, boiled.

Green Peas.—Steamed, boiled.

Spinnach.—Steamed, boiled.

Turnips.—Mashed, steamed, baked, boiled.

Beetroot.—Salad, steamed, boiled.

Cucumber.—Salad, and fresh with bread and butter as sandwiches.

Sprout or Brocoli.—Steamed, boiled.

Cabbage.—Steamed, boiled.

Green Corn Cobbs —Steamed, boiled.

Rhubarb.—Stewed.

Pure oil of olives is an admirable article to add to all vegetables which are being boiled, fried, stewed, or baked. It preserves their flavor and makes them more digestible, besides which the oil of olives prevents fermentation and flatulency.

## SOAKING VEGETABLES.

**Vegetables** should not be soaked in water, nor boiled in two or more waters, nor—as before stated—should soda be added to give them a color, they must be extremely well and thoroughly cooked, few people ever have their vegetables cooked anything like sufficiently, and in consequence they are indigestible. Carrots for instance are one of the very best vegetables it is possible to have, and contain very many and great virtues, but must be cooked thoroughly soft to render them assimilable by the digestive organs, and very nearly the same applies to parsnips and to a less extent to all other vegetables. Carrots well cooked, then mashed with oil of olives, a little pepper and salt, put into a baking dish and baked a nice brown, makes a nice dish, a squeeze of lemon just before serving improves it. Carrots are good for the Liver and Gall Ducts.

**SALADS, prepared.—Recommended that none of these be taken after 3 p.m.**

Beetroot.—Ingredients : Carefully boiled young beetroot, sliced ; malt vinegar, oil of olives, pepper, salt, lemon juice (quantities according to taste).

Potato.—Ingredients : Cold sliced potatoes, finely minced parsley ; finely sliced, or, if preferred, grated onion ; pepper, oil of olives, salt, grated lemon peel (quantities according to taste), squeeze of lemon.

Nasturtium.—Ingredients (makes a delicate, stimulating salad) : Nasturtium flowers, leaves, and the green seeds, finely minced ; white heart of lettuce, cayenne, grated horseradish, vinegar, squeeze of lemon, pepper, salt, oil of olives, grated or minced onion, quantities according to taste.

Cucumber.—Ingredients : Sliced cucumber, sliced onions, squeeze of lemon, salt, pepper, sliced tomato, quantities to taste.

Kidney Bean.—See recipes on page 54.

Tomato.—Ingredients : Sliced tomato, sliced onion, oil of olives, little vinegar (malt), pepper, and salt, quantities to taste.

Lettuce, Salad.—Ingredients : White heart lettuce finely cut, mustard, oil of olives, finely cut onion, grated horseradish, finely minced hard boiled egg, grated lemon peel, squeeze of lemon.

NOTE.—All the salads are more wholesome without much vinegar, mustard or salt. Therefore, care must be taken not to use much of those ingredients. The juice of lemons is preferable to vinegar, and a fine quality of oil of olives should always be used instead of cream or butter. It is particularly necessary to masticate and insalivate salads to render them completely digestible, and do not partake of them after three p.m,

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### GREEN SALADS.

Lettuce.—Properties : Soothes the nerves, assists sleep.

Celery.—Containing vegetable iron ; is good for rheumatism, the spine, and nerves.

Nasturtium.—Warming, heating, dissolves mucus, aids digestion, and good for lungs.

Water Cress. — Dissolves mucus and purifies the blood ; warming, stimulating. Assists to dissolve gravel.

English Cress.

Young Shallots and Onions contain iron, dissolve growths, gravel, stone, tumors, cure discharges, destroy internal parasites.

Tomatoes. — The seeds stimulate the intestinal and alimentary canal, the pulp purifies the blood, cools the liver, and clears the skin, and assists to stop the ravages of cancer.

NOTE. — The skin of tomatoes must not be eaten, as it contains an acrid and indigestible acid.

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## WHAT ANIMAL FOODS ARE THE LEAST HARMFUL.

**F**OR those who take a Meat Diet the following will be found useful :—

The lightest of animal food is mutton. Many people imagine that nothing is lighter than a tender chicken, but that is entirely a mistaken idea, as of all animal foods mutton ranks easily first, both as to the amount of nutriment it contains, and also as to the ease with which the stomach can digest it.

**Mutton Broth** makes a light, wholesome and very nourishing soup, with well-cooked pearl barley or kidney beans, or rice added thereto and flavored to taste ; but very few cooks indeed understand the proper process to make it. It should be made as follows :—

In the first place the mutton itself must be of good quality, it must then be cut into thin strips and soaked for 3 hours in the water you intend to make the broth or soup of. Meanwhile whatever you intend to put into the broth, such as pearl barley, rice, kidney beans, maccaroni, &c., &c., must be thoroughly cooked separately and added to the mutton and the water the mutton is soaked in, put on the fire or stove until boiling—*it must only be allowed to boil for 3 minutes, and not longer on any account ;* if it boils for any longer time it will be spoilt. It will be found that broth or soup made in this way, retains the natural osmazome or flavor. On the other hand boiling the meat completely spoils or dissipates it. The same method precisely should be followed in making any other broths or soups from meat or fish. A lesser time than 3 hours

for soaking may do if time is urgent ; therefore in making chicken broth, mutton broth, and beef tea or beef soup, this is the correct method to follow and the one that will always give to the broth or soup the natural flavor or osmazome of the meat used.

**Poultry** of various kinds come next, in point of digestibility to mutton. Most kinds of poultry have an injurious action upon the spleen and kidneys, and those who are troubled with any disorder of these organs should avoid it. On the other hand a mutton diet increases all glandular diseases and swellings.

**Beef** is the third least harmful of the animal foods, if well cooked and quite fresh, but salted beef is more indigestible and more harmful than fresh beef. At the same time the fact must not be lost sight of, that cancer is a beef product, or, I should state, one of the beef products ; because there are others of quite as vigorous a nature, the germs of which are very plentifully supplied in "underdone" beef, and unfortunately these germs, once they obtain a lodgement in the body, very early acquire the habit of

“attending strictly to business” ; this is especially true of Consumption germs which we get from underdone beef, raw milk and butter. All animal food therefore must be well cooked.

It will not be necessary here to give any other modes for cooking the various kinds of animal food and fish, as there are already an abundance of recipes for so doing.

But pork and swine's flesh in general must not be eaten under any circumstances whatever ; nor yet sausages, tripe, and the internal organs of cattle and sheep.

Mutton and beef should never be fried, but instead should be grilled.

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### CINNAMON BARK.

**I**N diet, and in medicine, this bark undoubtedly possesses many wonderful virtues, both for internal and external use. It destroys bacteria, or microbes, in the stomach or blood, and is very strengthening for those who are debilitated and weak, especially for

invalids whose tissues and muscles are in a relaxed and flaccid condition. It is particularly good when a relaxed condition of the bowels exists. It allays sickness and vomiting. It should largely be used for flavoring puddings, &c., instead of any other spices, and those who are chronically weak should use it sprinkled over the food of each meal, like pepper, as by this method it goes directly into the blood, along with digested food particles. It is also a very fair disinfectant, and may with great advantage be sprinkled over all sores, ulcers, or wounds. In fact this precious bark should be kept in every house ready for use, in powdered form, and should be closed airtight in a tin, or bottle. Care must be taken to obtain the really pure article, as it is very frequently adulterated with cassia bark, which somewhat resembles it, but which possesses none of the virtues of cinnamon. I have had a large quantity ground specially fine from prime bark, selected by myself, and those having a difficulty in obtaining the pure article can be supplied direct per post in 3s. tins; postage extra.

## CHOLERA, &c.

### Instructions to at Once Cure.—

Diarrhœa, Dysentery, Cholera, and for any sudden purging attacks in the acute stages only :—Take  $\frac{1}{4}$  lb. cinnamon bark, bruise it up small, or the powder will do, simmer it in 3 pints boiling water for half an hour, slowly ; strain clear, and with an enema syringe inject the whole of the liquid into the bowels, as hot as can be comfortably borne. Repeat this thoroughly immediately after each evacuation, no matter if you have to do it 20 times in one day, as it will cure without the least doubt any and all such cases. In addition, from 1 teaspoonful to a tablespoonful of pure powdered cinnamon should be taken at each meal, well sprinkled over the food like pepper. If you cannot procure cinnamon, use that reddish gum which oozes out of the various kinds of eucalyptus trees, exactly the same way and in the same proportions. If neither of these are to be had, use black, or white, or cayenne pepper exactly the same way and same proportions.

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\*A  $\frac{1}{4}$  lb. of the powdered bark is about 4 tablespoonsful.

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