

Mrs. Wheelock

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"EATING AND UNDERWEAR."

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If you will look at the circular which was given out last night, you will find that with the subjects of Breathing and Bathing, there are extra subjects. One of them along with Bathing is "How to woo and win sleep in two minutes" and some others that I do not remember just in their order. Tonight the subject is "Eating" and "Health influenced by Underwear." I purpose to reverse these subjects and take the minor one first; minor in one respect only, and that is the length of time I shall take to tell you what I have to say about it. The subject of eating is a very large one and a very pleasant one, so we will leave the pleasant for the last.

"UNDERWEAR."

In the matter of underwear, there is, of course, difference of opinion regarding the different fabrics, woolen, silk, cotton, and linen. For my part, I believe that woolen underwear is anything but hygienic or sanitary. I believe that no one can wear woolen underwear next to the skin and be clean, because it is impossible ever to cleanse woolen after it has been once worn. There are many objections to the wearing of woolen underwear, not only for its lack of cleanliness, but also the tendency to affect the skin and make it sensitive, even to super-sensitiveness. One wearing woolen underwear is much more likely to catch cold, as we term it, bronchitis, pleurisy, and pneumonia often resulting from wearing woolen underwear. Smallpox, which is a filthy disease, is often the result of wearing woolen underwear.

It does not matter as to the climate. If you were in Russia, and I do not think you could find a colder place, you would be obliged to give up woolen underwear. All Europeans, or people from other countries, going to Russia, are obliged to give up woolen underwear. Woolen underwear is very slow to give up moisture. When the skin is moist, the clothing should take up the moisture. This, woolen underwear will not do. Nothing but linen should go next to the skin. Moses, the great law giver and hygienist, said, "They shall be clothed with linen garments and no wool shall be upon them." The Jews, as you are aware, especially in the time of Moses, were disciples of the law, and cleanliness was to them everything, and that was the one great law of Moses.

You may say that woolen is warm; that it keeps you warm; that it makes you feel warm when you first put it next to the body. It IS warm while it is dry and will not conduct the heat away from the body, but the body is much more apt to become chilled in the wearing of woolen underwear, for as it becomes moist, the tendency is to conduct the electricity and heat from the body.

Silk is better than woolen because it can be cleansed. If you wear silk next to the skin and you perspire, you know it sticks to the skin. Therefore, silk is not good. It is also a non-conductor as long as it is dry. Now I believe that very old people, people whose circulation is not very good, and who do not perspire freely, I believe silk is very warm and helpful to them. I would say for such people to wear the silk or woolen, but not wear it next to the skin. Wear the linen next to the skin. Then let proper exercise do the work of getting up proper circulation.

You can change from woolen to linen in any climate without any detrimental effect in mid-winter. I remember very many years ago in Minneapolis on Thanksgiving day I put on my heavy medicated woolen underwear. I thought it was just the thing. It was. It gave me a cold, although I do not believe in colds. This underwear was very heavy and

a very severe cold caught me. The consequence was that my eyes were opened. I changed my mind as to the underwear, and as I changed my mind, I changed the garments, and I presented a friend with the medicated woolen underwear. I had no designs on him, but he wanted the underwear, so I let him have it. He took it, and took the consequences along with it--colds. That was many years ago, and I want to say that I have not changed my mind in regard to linen underwear, although I have changed the linen quite often.

If you feel that you cannot afford the linen, (I know it is very expensive) then I would advise you to wear cotton, the meshed cotton, the garments made of a net-work. I think they are good. They are next to linen, and the very best thing that can come next to the skin is meshed linen. The solid linen does not give ventilation enough. It is the porosity, that layer of air that protects the body. If you perspire freely, the linen will take up the moisture, and in a very short time it will give it off, and that is the advantage of the linen over any other fabric that can be worn.

The matter of sensitiveness, super-sensitiveness, is very important. People who wear linen are not afraid of drafts. Then again, you wear woolen underwear, you walk briskly down town, you perspire, it is a cold day, you go into an office heated by steam, and then when you come out again, you feel the chill. Discard the woolen. Get the linen mesh, or if not that, the cotton mesh, which is next.

"EATING."

This is indeed a very large subject to handle in such a limited time. The majority of people eat too much, too often, and too ignorantly. I believe no man can be well who eats too often; no man can be well who eats too much; no man can be well who eats too many kinds of food at a meal. No man can be well, (and man includes woman, you understand) who eats when tired, excited, hurried, or anxious. No man can be well who rises late in the morning, gulps down a hearty breakfast and sprints for the street car. I think that one fourth of what we eat keeps us and the remaining three-fourths we keep at the risk of our lives. Man is the only animal that eats when he is ill. All other animals have sense enough and instinct enough not to eat, but man will go to the table three times a day, no matter whether he needs the food or not. In fact he does not need it. No man needs it. He goes to the table, why? Through force of habit.

Now there is a wonderful difference between hunger and appetite. Appetite is of the stomach; hunger is of the mouth. If you were to miss a breakfast, I mean those of you who are in the habit of eating breakfast, you would have a craving in the stomach--not because the stomach needs the food, but because the appetite is there, and the old habit is reasserting itself. Hunger, as I say, is of the mouth. It is when the mouth actually waters for food. If you have gone a long time without eating, and you get the odor of food, or get the sight of food, and the mouth begins to water for that food, then you are hungry. Now this appetite is exactly the same; the habit is just the same as the appetite of the man who drinks intoxicating liquor. Why does the man drink? Suppose a man is in the habit of drinking a glass of whiskey every morning at ten o'clock, and suppose he has done that for weeks and months. You need not tell him when it is ten o'clock, but to the minute he will know that the hour has come. Why? Because he has acquired the habit, and that habit asserts itself. Why does he drink? Not because he is thirsty, but simply to satisfy that habit. Why do

you eat three times a day? Not because you are hungry, but simply to satisfy that habit, that craving, that gnawing, so to speak, of the stomach. You can get the stomach in that habit if you eat three times a day, and you can educate the stomach so it will not call more than once a day for a good square meal.

Now I would like to say this, although I said it at the beginning. Every man is a law unto himself. I do not believe that anyone, not even a working man, needs three square meals a day. I used to eat three square meals a day, and I was not well. I eat one square meal a day now and am well, and shall be well for the next forty, sixty, seventy-five, or eighty years. Now you haven't any idea of the difficulty that comes from over-eating. Now let us consider for a moment this subject of three meals a day. The working man who is out of doors is breathing free air. He has a better appetite than the man in the office. But it is not necessary that he eat three meals a day, and especially would the office man be better off if he would let the luncheon go, and instead, go out and take a brisk walk for several miles. Take a glass of water and that will satisfy the craving. Dr. Dewey, who is an advocate of the no breakfast plan, says that there is no physiological reason for breakfast. He forgot that a great many of us do our greatest work at night after our evening meal, and sometimes early in the morning, and then there is need for something, a bite or two. However, since I left here five weeks ago, I have eaten no breakfast, eating one square meal a day, and I ride my twenty miles across the country on my wheel.

I want to get right down to bottom facts about eating. Now the theory I am bringing before you in regard to eating only one square meal a day is not only theory, but any of you can put it into practice, if you will overcome the habit of eating three square meals a day. As it is now, I eat my toast and soffee for breakfast, nothing at noon, and my evening meal at five-thirty or six o'clock. I think it sufficient. It is not the amount that you eat. It is not exactly what you eat, but it is the taking care of what you eat. The food I take is utilized. I know what to eat, when to eat, and how to eat. It took me twenty years to learn. I have been in the work forty years, and I took twenty of these forty to learn the simple things of life. All life is simple. We are coming nearer and nearer to the simple things. We are coming nearer and nearer to the simple life. I used to be ill but since I learned these things I am not ill, and as I said, shall not be ill any more. Now is that not worth working for? You stop and think, each of you, what you ate this morning, what you ate this noon, and what you ate tonight, if you can think of so many things. There are foods that repair certain parts of the body, and there are certain foods that give us the fuel that runs the human machinery. These foods we need every day. Now we must learn just what are the best foods whereby we can repair the waste, and at the same time give us the heating element, that element that is to furnish the fuel, the carbon to run the human machinery.

Let me say to you that mastication is one of the most important things. You are all perhaps familiar with the term "Fletcherize." Some of you eat a hearty breakfast and are hungry by ten o'clock. Now I want to tell you that is not hunger, except in one sense. The breakfast you have eaten has not been digested. If it has not been digested because of fermentation in the stomach, the stomach is distended with gas, and if you are hungry, the food you have taken into the body has done you no good whatever. Far better had you taken only a few ounces, and let it be assimilated, and then you get the benefit of it.

Therefore, eat but a very little for breakfast, toast and coffee, I myself am not in favor of cereals, sawdust, corncocks, etc. It is the trimmings on the cereals that do the harm. Feed a child cereals, and before it leaves the table there will appear eructations that show there is gas on the stomach. A child will not masticate cereals. Remember that the mouth is to perform what the stomach cannot perform. The secretion in the mouth is alkaline, while that of the stomach is acid, but in the duodenum it is alkaline. This alkaline fluid in the mouth first acts on the food, but when the food passes into the stomach, the acid interferes. Now starch must be changed to sugar before it can be digested. How few people masticate mashed potatoes, I mean even at home. They should be masticated thoroughly no matter how fine they may be mashed, for in thorough mastication they are mixed with the saliva, for after they pass into the stomach for three-quarters of an hour the chemical action of the alkaline ceases and the acid prevents the starch with interfering with digestion. Therefore, I say, never let your stomach have to do, what your mouth should do. Then again, there are a great many people who will look over a bill of fare at a table, and say; "There is something I like, but it doesn't like me," and I watch that man to see if he eats that, and he does. It will distress him, and it ought to distress him for a week. Any man who will take into his body solids or liquids that are known to be detrimental, should suffer. Now I sat by a man in a restaurant in St. Joseph, Mo., and as he sat down he stated to me that he used about fifteen cigars a day. (he did not know my work of course) also said that his liver was out of order. I told him the reason for that was the putting of cream in his coffee. He said he believed me, but I watched him, and he put the cream in the coffee just the same and drank it. You may talk about the black slave. I tell you there are more white slaves in this country today than there were ever black ones. A man is a slave who has an appetite for anything that is detrimental to his stomach, tobacco, whiskey, or what ever it may be, and he cannot hold up his head and say I am a free man. I tell you it is worth everything to be able to do that. Therefore, I say to you, do not tickle the palate for a minute and have the stomach suffer pain for an hour. We all like to tickle the palate. In fact you should not eat or drink anything that does not tickle the palate. As soon as you have to eat something that is good for something, then it doesn't taste good to you. If you are a dyspeptic, do not be finicky about this thing and the other, and if you manage to eat a little dry toast, don't say it is all I can eat, better for you to look over the table and say; "Show me anything wholesome that I cannot eat." But if you let your mind get in that attitude, "I can't" eat this or the other, the stomach gets weak, you will have weak muscles, and a weak heart, and I want to say as a muscle, the heart needs exercise. for there is not a muscle in your body, that if not exercised, will atrophy.

Then again in regard to the kind of foods, I do not believe in dieting as a rule, but I believe in this. I would try to learn to leave alone the food that has no nutritive value. Now you can fill the stomach full, there are some people who do not seem to care, just so they get full. Now instead of that I would say, I would try to learn the nutritive value of foods. Now there are certain kinds of foods that in themselves may not be wholly nutritious, but in their combination with other foods are wholesome. You want to be very careful about eating some kinds of foods with some others. Now suppose you say a laboring man should have at least twelve ounces of nourish-

ing food for the day. Now the question is what will give that nourishment. I will take one staple article and an article that is hard to digest--beans. If you want twelve ounces of nourishment, of the food that will give you strength, you will get it out of sixteen ounces of beans. There will be about four ounces of refuse, besides the twelve ounces of food, and then again you may say I do not care very much for beans, but I am very fond of cabbage. Now in order to get twelve ounces of nutriment out of the cabbage, you would have to eat fifteen pounds, so that is the point in drawing the line on the nutritive value of foods. Now I would not reject a food. (I want to impress this on the class) I would reject a food because it was hard to digest, any more than I would reject an exercise that was difficult and would tell hard on the muscles.

I would make my stomach earn its living, therefore, I would give it something hard to digest. There is nothing more difficult to digest than beans. There is the woody fiber, the cellulose that does not digest, but yet, would give the stomach beans in order that it would have to work hard to get the nutrient out of the bean, and the harder it works, the better for it, only don't overdo it.

Let us take cheese for instance. Cheese is one of the greatest muscle makers there is. Yet if you sit down and eat a pound of cheese you could not expect your muscles to grow right out. When you eat food to build up your body, you must take body building exercise that will tear down the tissues, and after you get the material into the body it is chemically prepared to repair the waste. So often we hear one say; "I cannot eat cheese, it doesn't agree with me, it is very constipating. it distresses me." Remember the last time you ate a piece of cheese? about three bites and it was gone. Don't blame the cheese. It was because you swallowed it in great chunks. I masticate the cheese, and am very fond of it. I take it frequently in the place of meat. I masticate it till there is nothing to swallow, in other words, it liquidizes and that is the way everything you eat should do. Masticate it till it liquidizes. I know that some have said count thirty-two times, as Gladstone did, count thirty-two times for each mouthfull of food, but there are different kinds of food, some of course requiring more mastication than others, and then too, I do not believe in studying mental arithmetic while eating, but I believe in the mastication until it liquidizes. If you want to eat cheese, chew it, and chew it and chew it, and before you say good bye to it, just press it up against the palate with the tongue, and you will get the last good taste before it is gone.

Never under any consideration, whatever may be your physical condition, never stop to question in regard to this, that or the other food. If you question it, do not eat it. If you eat it do not fear it. If you fear it do not eat it, and if you eat it say good bye to it. Fear no more. Just as sure as you eat something and then soon after say, "I wonder if I should have eaten that," you may rest assured that you should not have eaten it, and in a few minutes you can put your hand right on it.

I want to say just a word in regard to vegetarians. I am not a vegetarian. It is alright for those who like it. I am neither a heavy meat eater. I often take meat once a day, sometimes only once a week, and sometimes only once in three weeks. Have gone without it for three months. But when I go without it, I substitute eggs for it. I am not a slave to the meat habit, and I am not a slave to the egg habit. I like the eggs very much indeed. When we come down to the vegetarian in the strictest sense, he is one who does not eat meat, eggs or butter. A vegetarian is one who lives on vegetables. and one can live

on vegetables and sustain life and be strong. The majority of vegetarians, however, do use these animal products of which I have spoken. Then we have the fruitarian, those who live on fruits and nuts, and this is really a diet of itself. A vegetarian who combines the vegetables with fruits and nuts has a very good diet, and I suppose, lives very well upon it. I know of some who do. I know a person who for the past two years has not touched any kind of food outside of fruits and nuts. He and his wife take the same diet. They are stage people and are people who keep their strength. They do not take a drink of water any more than once in six months, that is, any water outside of the distilled water they get in the fruit.

In regard to the vegetarian diet, almost any of the so called vegetarians are very poor representatives of the theory they advocate. They do not look well and they are more or less run down, etc. Now that is due to this. If you eat a strict vegetarian diet and omit the pulses (beans, peas, etc.), the foods that take the place of meat, if a person quits a meat diet and goes to a vegetable diet, and leaves out the pulses, I say, they run down because they do not get the nitrogenous element in the food. We know this question has been argued, and in the recent Marathon races, it was shown that a vegetable diet was good to a certain extent in the matter of endurance, but when it comes to maintaining great strength, very strong men who do heavy lifting, every one is a meat eater, with one exception. Sandow violated almost every rule in the matter of eating except this, that his heartiest meal was at midnight after his heaviest work was done, because he understood that it was the time for repair. Now it is sometimes argued that a vegetarian is so much stronger. Take an animal, for instance there is the horse, the ox, the elephant, and the camel. Not one of them can carry their own weight. The lion, a flesh eater, can vault a six foot fence with a calf of its own weight. Now on the other hand it has been argued that meat eating appeals to the passions, and that with a vegetable diet a man is more calm. I say that it is not so much what goes into the being as the kind of being it goes into. You take the Esquimaux, and a more peaceable people could not be found, and they live on blubber fat, but the South Sea Islanders are cannibalistic, and they live on plantains. Take the Chinese pirate, a vegetarian, and he would quarter his own mother for two yen. It depends on the mind, the education.

A man makes a great mistake by eating a hearty breakfast if he has a hard day's work before him. Why? Because he cannot get any strength out of that breakfast for many hours. If you eat a hearty breakfast, it will take from three to five hours and more for absorption and assimilation, and until that is done, you are not getting the strength from the food except those liquids that can be taken up at once. But you say you feel better after a hearty breakfast. You feel better because of the stimulation, but three or four hours afterwards you do not feel so good. If you have a hard day's work on hand, it will be well to prepare for it the night before. That is a rule I follow before my long wheel rides. Eat the night before, then digestion will take place, and absorption and assimilation. It is like putting money into the bank the day before to be drawn upon the next day. So it is with food.

Certain articles of food have medicinal value. There are a great many people, (of course none of you) who will go into a drug store, simply because they feel that the system needs iron, or the system needs this, that or the other. I do not believe you can get in the drug store any form of iron that will be assimilated and taken up by

the tissues of the system. If you want iron, if you want calomel, if you want opium, if you want arsenic, if you want any of these things, get them where nature intended for you to get them, out of the foods. A vegetable giving the largest percent of iron is spinach. You get thirty-three percent of iron from spinach. In asparagus you get twenty per cent. In beef-steak, good beef (another good vegetable), you get seventeen percent. I call beef a second hand vegetable. In the outer leaves of the cabbage, the part that you throw away, you get seventeen per cent of iron. In dandelion you get fourteen percent. In the yolk of an egg you get from ten to twenty-four percent of iron; also some sulphur. In apples you get fourteen percent. In beans, carrots, strawberries, you get eight per cent. In peas and potatoes you get six percent. You can take your choice by going to the drug store and getting the iron in a form that will not be assimilated, or getting it from the foods that will give it to you in a form that will be assimilated and taken into your blood.

So if you want anything for your nerves, get it from the food that will get it into your blood, as celery, lettuce. You get the natural opium in lettuce. The onion is one of the greatest nervines you can find. It is one of the best things for the nerves that can be found. Then too, if you want to be alone, just eat onions. For a cough take an onion and a little salt, and it is one of the best old remedies known. The onion is a wonderful vegetable, the only one that can be inoculated with disease. Put an onion in a room where there is a fever and it will become as black as a coal. It will take up any disease. Be careful in eating onions. If they are tainted the least particle, reject them. But just as the onion will take up the disease from the room, just so it will gather up any disease and poisons from the body when you them, either raw or boiled.

If you want something for the complexion, something that will make you white, and want the genuine arsenic, you get it in the cucumber, but if you eat too many you will be too white.

For the kidneys, you will find asparagus, turnips, radishes, etc excellent. For malaria and erysipelas, there is nothing better as a vegetable than the cranberry. As a laxative, rhubarb, commonly called pie plant; for clearing the complexion along with rhubarb the carrot is fine. It is said to be very good for the hair and eyes also, but should be taken early in the morning and raw. So for the various classes of food, you will find those things that will give you just what nature intended for you to have to keep the system in prime condition.

Never eat when you are tired. Of course, some people never would eat for they are always tired; were born tired. But you will find that after a day's work and you get home tired, if you will sit down for just five or ten minutes and completely relax, let go, as I shall show you, and go to sleep for two minutes, a complete letting go, relaxing of every nerve and muscle of the body, then you will find that you will be ready for your evening meal, but if you eat when you are tired, you will find that you are not ready, and the food will not digest properly.

I think I have covered the most essential points, unless there is some question in regard to eating, something I have overlooked, but I think I have covered everything. If you will do one half I have told you, you will do well I am sure.

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