

(Nut Crax.)

A GROWING INTEREST IN NUT DIET.

The purpose of the publication of the NUT CRACKER is to encourage the use of nuts as an article of every-day diet. It is exceedingly interesting to notice the rapid increase of interest in nuts as a substantial food substance rather than as simply a tid-bit for dessert. Since the publication of the first number of this journal, scores of newspaper clippings bearing on the use of nuts have been sent to us, and it has been very gratifying to notice that almost without exception the facts presented are exact and interesting, and the comments favorable.

(Nut Crax.)

A GREAT WASTE.

According to the report of a Government official, thousands of tons of Brazil nuts which grow in great quantities in the vicinity of Para, are annually wasted. In many tropical lands where the cocoanut palm grows without cultivation, enormous quantities of cocoanuts are annually left to decay. Even in this country enormous quantities of walnuts, hickory nuts, beechnuts, chestnuts, pecans, and other edible nuts are left to the squirrels and birds.

It has been stated that if all other sources of food were cut off, that nut trees alone produce sufficient nourishment to maintain the human race, provided the entire crop could be gathered. Whether this be true or not, certainly it is true that ample nourishment might be obtained from nuts if a sufficient number of trees were planted to furnish the necessary quantity of nutriment. A single pecan tree is estimated to be capable of producing, when of mature age, ten to twenty bushels of nuts. A twenty-year old cocoanut tree will produce hundreds of nuts in the course of a year, the developing and ripening of the fruit being almost continuous.

(Nut Crax.)

APPRECIATIVE WORDS ABOUT NUT FOODS.

The Sanitas Nut Food Co., who are the pioneers in the nut food industry and have done more than all others combined to encourage the use of nuts as a staple article of diet, maintain a food laboratory in which experimental researches are continually being carried on for the purpose of investigating the properties of nuts of various sorts and determining the best methods of preparing them for human consumption. Some idea of the appreciation of the extended and expensive work which has been carried on by the Sanitas Nut Food Co., within the last few years may be gathered from the following extracts from letters received from their patrons in every part of the world:

(Nut Crax.)

MISS HENDERSON'S ILLNESS.

A few months ago items appeared in several newspapers in which it was charged that the daughter of Speaker Henderson lay ill in a sanitarium in Philadelphia in consequence of the attempt of the young lady to live on a "monkey diet," or a diet of fruits and nuts, which she has pursued for two years. One paper went so far as to say that the patient had been "brought near to death by a diet of fruits and nuts." Another paper admitted that Miss Henderson's illness may possibly been in part due to "almost constant practice at the piano."

While the real facts of the case are not accessible, it is certainly safe to say that the patient's illness cannot be fairly charged to fruits and nuts. She may have eaten indiscreetly of fruits and nuts, just as one may eat indiscreetly of any other foods. Nuts when imperfectly masticated are difficult of digestion, and it is even possible to make use of fruit in such a way as to induce indigestion. But these excellent foods need not on this account be condemned, for scientific experiments and the practical experience of many hundreds of persons have shown beyond possibility of doubt that the proper use of nuts and fruits is one of the most efficient means of curing many grave forms of indigestion, and that this simple and natural dietary is capable of sustaining the system during the most severe ordeals of mental or muscular work.

No one should adopt a diet of fruits and nuts or any other special diet with the expectation that other well-known principles of hygiene may be ignored, such for example as taking daily a proper amount of exercise, an abundant supply of fresh air, dressing in accordance with hygienic rules, etc. Health can only be secured by the recognition and observance of all the laws of health.

(Nut Crax:)

SAVED A BABY'S LIFE.

Dr. Ruth Bryant, a physician practicing in Brooklyn, Greater New York, gives the following account of how a baby's life was saved by discarding cows' milk in favor of malted nuts:

"Soon after receiving the goods (a few hours) a little patient 1 year old was brought to me in the first stages of cholera infantum. The child was vomiting almost continuously with simultaneous action of the bowels. I was thankful for the foods and gave them some samples. I ordered all milk taken away, and malted nuts with granut and granose substituted. The result was marvelous. Today the child is able to eat without vomiting and the bowels are normal."

(Nut. Crax.)

A BICYCLE TRIP ON NUT FOODS.

Mr. Geo. Hume recently took a bicycle trip of about 600 miles, during a third of which the thermometer stood at 94°. Six of the nine meals taken during the trip consisted of bananas and bromose. The muscular exertion was very severe, especially under such a high temperature, nevertheless the loss in weight was only 3 1/2 pounds, which was doubtless due to excessive perspiration. Nuts and fruits are without doubt the foods par excellence for developing the highest degree of endurance.

(Not Crax.)

NUTS AND GAS PRODUCTION.

Nothing could be more unreliable than a great share of the dissertations on dietetics and other matters pertaining to health which appear in the public newspapers. Now and then a paragraph appears which contains a grain of sense, but the great mass of matter bearing upon this subject which finds its way into the public press is the veriest nonsense.

A short article which is as full of absurdities as an egg of meat which purports to have been written by a certain Dr. Miller, which recently appeared in the western newspapers, has been sent us by a correspondent with the request that we expose the fallacy.

The writer of this article presents a list of foods arranged according to the amount of gas to which they give rise when taken as food. The list begins with nuts, which are represented as the greatest gas-producers, and ends with cheese, which it is claimed is wholly free from this objectionable quality. It is evident that the claims of this writer are utterly unreliable, as he gives no account of the methods by which he undertook to measure the gas-producing qualities of the foods. It is probable that the writer has neglected to take account of food combinations. Many substances when taken together disagree and give rise to fermentation and gas production, with other symptoms of indigestion, when taken separately or in different combinations give no trouble whatever.

Nuts if imperfectly masticated and taken in connection with starchy foods may readily give rise to fermentation by causing delay of the food in the stomach. But nuts which have been properly prepared, as nut butter and various other nut products, or which have been thoroughly chewed, may be taken in almost any combination without the slightest inconvenience. Taken by themselves nuts are less likely than most other foods to give rise to gas production, as they contain almost no starch. Gas cannot be formed from either proteids or starch fats, which are the chief constituents of nuts, and it is in the highest degree absurd to

(gas-2)

condemn these most wholesome and nourishing of all vegetable products as being so productive of indigestion. Many cases of indigestion can be cured by the adoption of a fruit and nut diet.

WHITE
LINEN PA

it Crax.)

NUT BUTTER IN INDIA.

Two or three years ago the Sanitas Nut Food Co., of Battle Creek, Mich., instructed a gentleman about leaving for Calcutta, India, in the art of making butter and other nut products from nuts of various sorts, especially the peanut. Soon after his arrival at his destination, this gentleman, who was sent out by a missionary society to engage in work as a medical missionary, reported that he had made a beginning in the manufacture of nut products, and with most encouraging prospects of success. The following item which we clip from the Daily News of Chicago, would indicate that the business thus begun in a small way has become more widely known, and we are glad to add that from private sources we have learned that the products are very readily accepted by the people of India, and that there is every reason to believe that nut butter will in time come to be very widely used in India, especially among the Brahmans and high caste natives, who abominate the use of animal fats.

(6)

It would certainly be found a wholesome substitute for the "ghee" or melted butter so commonly used in India, and the oil of the sesame and other seeds.

(Nut Crax.)

INTERESTING FACTS ABOUT PEANUT CULTURE.

(5)

FABRIC
MILLS

THE PEANUT, BOTANICALLY.

A recent writer described the peanut as a true pea which bears its pods below ground, from which fact it is sometimes better known as the "ground pea."

(4)

(Nut Crax.)

PISTACHE NUTS.

The pistache nut, which is also known as the green olive, is an oval shaped nut about the size of a small olive, externally of a reddish color, but having a green kernel which is very oily, of agreeable, but not very pronounced flavor. This nut is grown in Southern France and Oriental countries. About twenty years ago it was introduced in this country. The first crop was perhaps produced in Sonoma Co., California. The amount of these nuts produced in this country is not sufficient to make them an article of commerce.

(Nut. Crax.)

A CURIOUS OLD CUSTOM.

According to the Boston Herald,

(3)

Nut-eating in church is certainly not a practice to be recommended, but certainly it is that breakfasts of fruits and nuts in place of the ordinary bill of fare will be found highly conducive to mental clearness and if generally adopted would prove an excellent means of preventing drowsiness and sleeping during religious service.

(Nut Crax.)

CHESTNUTS AND PINE NUTS.

We quote the following paragraphs from an interesting article about nuts which appeared recently in the Medical Herald:

(1)

(Nut Crax.)

NUTS AS FOODS FOR WORKING PEOPLE.

That nuts are capable of supplying a large amount of energy in readily available form is shown not only by their composition but by the fact that in so many countries they are resorted to as a source of food by the working people. The chemical analyses of nuts made by various well-known chemists in different parts of the world have shown them to contain a higher percentage of nourishment than any other known substance. It is doubtless this fact which has led to the instinctive use of these excellent natural foods by working people the world over wherever obtainable at moderate prices. The following interesting facts concerning the use of nuts by the peasantry of France, Italy and Corea we quote from an article which recently appeared in the New York Herald:

WHITNEY
LINEN CO.

(at. Crax.)

SIX YEARS' EXPERIENCE WITH FRUITS AND NUTS.

The Brooklyn Eagle recently published a report of an interview with the a Director of the School of Technology of Pottsdam, N.Y. , a gentleman who was formerly connected with the Manual Training Departmentxx

Highschool of Brooklyn. This gentleman with his wife has lived for six years ,upon a diet of fruits and nuts. This dietary was undertaken after a careful study of the subject of dietetics, and with the idea that it is the most natural and perfectly adapted to the human digestive apparatus, and to the needs of the human body. The Professor is described as a man having an appearance of perfect health, rosy cheeks, bright eyes, weighing 148 pounds. His wife is in equally good health, weighing 155 pounds. Vegetables are entirely excluded from the bill of fare. The food is taken cold and uncooked. The Professor reports this diet to be in the highest degree satisfactory, and asserts that it has been the means of greatly improving his health.

(Nut Crax.)

THE PECAN AS A FOOD.

The pecan, a variety of the hickory or walnut, grows wild and in great abundance in Texas and some other parts of the South. The tree produces abundantly, and the fruit is one of the most highly nourishing of all vegetable products. The pecan is not surpassed in digestibility by any other nut and the large amount of fat which it contains gives it a high nutritive value. The native Mexicans, whose adobe huts can still be found in great numbers along the banks of the Rio Grande, gather the pecans from the native forests in great quantities every Fall, storing them for use in a variety of ways for food. One favorite method is to convert the dried kernels into a fine meal, which is used for making a sort of bread, or cake. The bread thus made is highly nourishing and is in the highest degree capable of supporting the muscular powers and other vital energies.