

MEN OF THE TIMES.

MR. F. C. IRELAND.

Take each one's censure but reserve thy judgment.—SHAKESPEARE.

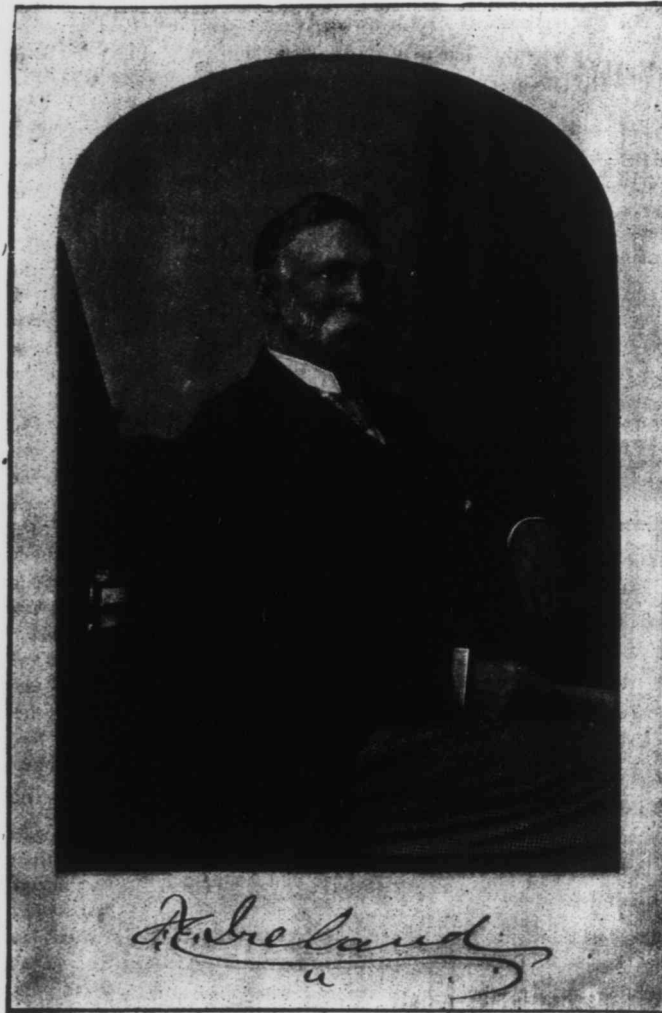
F. C. Ireland, B. Sc., is an Ontario man by birth and education. After a good ordinary schooling he attended Victoria College for three years, but owing to ill health did not take his degree then, but left off study for a few years and travelled a good deal through the United States, the Maritime Provinces and in Europe. Afterwards he entered into mercantile and milling business at Lachute, near Montreal. In connection with his business he was a good deal in Montreal city and resided there for some years. His large business engagements did not prevent his return to study, and he wrote considerable for the leading newspapers and magazines. Some few years ago he wrote and published an ethical work, of which 1000 copies sold readily, and which has since been revised and is in demand. He has recently completed another work which is an ingenious transposition of Milton's *Paradise Lost* into a fascinating story, and is said by one who has gone over the MS. to be of a high literary character and one that will cause some stir when it appears in print.

For several years, while in business at Lachute, he was President of the Liberal Conservative Association of the county of Argenteuil, and so managed the electorate that, though a close constituency, a victory was gained at every election during the time he controlled the association. On one occasion he was unanimously selected by the convention, to be the candidate for election to the House of Commons, but this honor he declined. He was an acting Justice of the Peace and had the satisfaction of no appeals ever having been made from the numerous judgments he passed in the magistrate's court. He was also a school commissioner, holding all these offices until he removed to his native province and took up his residence here in Toronto in 1887. He never ceased pursuing a course of systematic study. He has devoted considerable attention to dietetics and hygiene, and is now professor of hygiene in one of the colleges.

Some ten years ago while suffering from dyspepsia, he began to experiment on the various processes of converting starch into dextrine, with the view of pre-digestion. Starch, which is the most abundant material in the vegetable world next to wood, is at the same time the most difficult to digest. Cereals contain about 70% of starch, and his idea was to bring the grain or the manufactured cereals into a state of heat and moisture to resemble the condition as near as possible, through which the food passes in the great laboratory of the

he became alarmed at the large percentage of tuberculosis in cows from whose milk the general public were supplied. That fifty per cent. of the cows in large cities and towns should have tuberculosis and the germs of disease carried to the human system of thousands of people, through milk laden with bacteria, for a while diverted his attention from cereals to the great necessity of treating milk in a manner that would destroy the deadly microbes in it before it was used in the family. But finding this not so practical a sphere as the one he had started

ed out to accomplish, he returned to the work of producing upon strictly scientific principles, a high class of prepared cereals for general use, that would be delicious in flavor, readily assimilate, supply the wastes of the system and be so easy of digestion that an infant or the most delicate stomach could easily digest them. After nearly two years of experiments he succeeded. A patent and general trade mark were secured at Ottawa, and what is now so widely known as "Our National Foods" were launched upon the market. They were received with the greatest favor. Every intelligent person and especially the feeble and delicate, spoke of them in the highest terms of approval. The Montreal Medical Journal said "the cereals were treated in the light of all the scientific progress of the times." The medical profession generally said everything in their favor. Mr. Ireland soon found all his energies taxed to keep up with the demand. In 1887 he decided that a large city possessed far greater facilities for the manufacture and distribution of such goods than a small place like Lachute. His Montreal friends urged upon him the advantages of that city. He



stomach, while under the process of digestion. This was an exceedingly interesting study, and by no means an easy work to accomplish, especially when it had to be done in a manner that would not permit the use of chemicals nor interfere with the flavor of the prepared foods. With indomitable perseverance he determined to overcome the obstacles, and to do so he visited New York city twice in search of information on the best known means of pre-digesting the food that comes into daily consumption. While pursuing the analysis of the various foods,

acknowledged these advantages and the importance of a large social and business connection and the pleasure of being amongst old friends, but he took time to decide. He was convinced that a large and growing business had started, and though unique, it was designed to develop into great proportions. There were also the promptings of philanthropy as the benefits to the physical constitution of the individual would result in a national blessing; the strengthening influence of brain, bone, muscle and nerve of the people, would be so much greater by the use of a proper diet.