

limitations is the best in all respects, and, on the other hand, that excess in quantity produces greater evils than insufficiency.

Before referring particularly to milk diet, as I shall do later on, especially from a clinical standpoint, I desire to say a few words as to the elementary principles which should govern our ideas as to diet whether in sickness or in health.

In all cases the system demands the following classes of food: Proteids, carbohydrates, hydrocarbons, salts, water.

Every diet, in order to be physiologically adequate, must contain articles from each of these groups. It is a very simple matter to make such an elementary statement, but it frequently becomes a very difficult task to decide as to the relative proportions of these different foods which are required. As to quantity, considering the matter from a physiological standpoint, the non-nitrogenous elements should be in the ratio of one to four, and the absolute amount of each required for twenty-four hours is:

Proteids (nitrogenous foods)	4½ oz (140 gm.)
Carbohydrates (sweet and starchy foods)	14 oz (435 gm.)
Hydrocarbons (fatty foods)	3 oz (93 gm.)
Water	1 to 2 qts. (1 to 2 litres.)

These quantities are supposed to be suited for the healthy adult of average weight. We have to consider in connection therewith the deviation from health, habits (whether sedentary or otherwise) and existing conditions, such as climate, environment, etc. I may say, in a general way, that these figures furnish a fairly reliable basis, and an intelligent remembrance of them will prevent us from falling into gross errors.

Beverages.—In considering the liquid portion of a dietary we always think of water as the best beverage. We find, however, in almost all our beverages, other than plain water, a certain amount, often a large amount, of sugar. Many of our druggists and grocers sell, during the hot months of summer, large quantities of vile compounds under the name of soda water, which contains various flavoring extracts, lots of cheap sugar, all sorts and conditions of water, but no soda. These mixtures are sometimes made still more atrocious by the addition of highly flavored ice creams. We have sugar in our wines in varying amounts, from one-eighth of a pound in a quart of average champagne, to one-half a pound in one quart of certain kinds of domestic wine. You can easily understand how much harm the sugar in beverages can do to those who indulge in them to any extent, especially if they also eat large amounts of sweet and starchy foods. The headache and indigestion following the ingestion of sweet wines is often chiefly, and always partly, due to the sugar and not the alcohol.

Although we may understand thoroughly these simple and