

ton's works are built up with 8,000, and the Old Testament says all that it has to say with 5,642 different words.

Ship-building at Quebec.

The following statement shows the amount of tonnage of vessels building in the district of Quebec, for the quarter ending 31st March, from the year 1860 to 1867, inclusive:—

Year.	Tonnage.
1860	17,050
1861	19,650
1862	21,160
1863	45,850
1864	55,960
1865	38,680
1866	40,900
1867	19,900

—*Quebec Gazette.*

Population of Turkey.

The whole Turkish empire according to the census made for the assessment of the "tenths," comprises in the aggregate a population of nearly 42,000,000, of which 18,000,000 are in Europe and 24,000,000 in Asia. Servia, Moldavia, and Wallachia number 6,000,000 inhabitants, so that there remains a population of 36,000,000 for Turkey proper. Setting aside the provinces enjoying self-government, this population is divided into eleven different races: Greek rayas, 2,000,000; Armenians, 2,500,000; Syrians and Chaldeans, 300,000; Sclaves, 6,000,000; and Albanians, 2,000,000; total, 12,800,000. These constitute the Christian element. Including in it the Syrians and Chaldeans, we cannot reasonably add to it the 300,000 Jews found in those countries. Now follows the Mussulman portion, composed, of 15,800,000 souls, without reckoning 160,000 Tartars, 100,000 Turcomans, 5,600,000 Arabians, 40,000 Druses, and 1,000,000 Kurds; or, in all, 6,900,000 Mohammedans of different kinds. To sum up, there are Christians, 12,800,000; Mohammedans, 6,900,000; and Mussulmen, 15,800,000; or a total population of 35,500,000; to which must be added, to make up the number of 36,000,000, the 300,000 Jews, and about 200,000 Gipsies, who have no religion.

Miscellaneous.

Nutriments of various kinds of Food.

"A Food Committee has been sitting at the Society of Arts, and taking evidence, which, if sifted and translated into the vulgar tongue understood by ladies and cooks, may be made into really useful knowledge for village and other schools, where so much useless knowledge is elaborately taught. For instance, at the beginning of this month, Dr. Thudichum made a series of statements which upset many popular opinions on the subject of food. He was asked as to the nutritious value of Liebig's *Extractum Carnis*. The doctor said: "Extract of meat lacks the essential properties of nutriment." The body wants every twenty-four hours a given quantity of

carbon, nitrogen, oxygen, hydrogen, phosphates, &c. Liebig's extract of meat contains these elements in very small quantities, and in an oxidized state. Therefore this "extract would not nourish, and could not be called food. Extracts of meat, like tea and coffee, are simply stimulants. The extract is simply strong beef-tea; and if you were to dissolve a teaspoonful in a cup of water and drink it, you would not receive so much nutriment as you would derive from a single mouthful of meat. Beef-tea has an important effect upon the nerves of taste and digestion, but it is not nourishment. The extract of meat mixed with water should not be too strong. This is a mistake. Too strong a solution of extract of meat is as bad as too strong tea or coffee. Meat contains 75 per cent of water, and 25 per cent of solids. Of these 25 per cent., 15 to 18 are insoluble in water, 7 to 10 soluble in water, but of these, 4 become again insoluble by boiling; so that it is not far wrong to say that only from one-eighth to one-fifth of the whole of the solid constituents of meat pass into extract, or beef-tea.

It seems that, after eggs, the nearest nourishment to meat is contained in Indian corn and various kinds of pulse and seeds *grown in southern climates*. Beans do not grow well in this country, "but form magnificent food in southern climates." It is the advantage of meat that it supplies food in the smallest compass, and it is dissolved early in the intestinal canal. Vegetable food requires more digestion. The house cat has gradually had its intestine lengthened to adapt it to the digestion of bread and potatoes. If sufficiently fed, vegetarians become big-bellied. Beans, lentils, and such food require careful preparation, if not they pass through the stomach undigested. The labouring people have neither the knowledge nor the means of cooking such food, therefore, practically, there is nothing like bread for them. It is soft, it gives no trouble, it is most easily digested, and no other grain food can enter into composition with it. To produce an equivalent to meat, add eggs to beef-tea, or boil beans, peas, lentils, or millet. Boil them in soft water a sufficient length of time, add them to the *Extractum Carnis* at the end of boiling just before serving. Dr. Thudichum also said, "I have for a long time conceived the idea of preparing a little book which might be called 'The Spirit of Cookery,' and which should contain the elementary principles of cooking. No good or economical cookery can be done on grates as at present constructed." Bread and cheese is the cheapest and most nutritive food for a labouring man. It is a great pity that some of the religious philanthropic tract-publishing societies do not add to their list some really plain pleasant treatises on the principles of roasting, boiling, frying, broiling, and stewing, such as the late Miss Acton or Mrs. Beeton could have written. We should like to see competitive examinations, with money prizes, at all schools subsidized by the State, where the questions should turn on the principles and practice of cooking, with such questions as—If you had to boil a piece of salt beef, weighing 12 lbs., with carrots, how should you proceed? What is the difference between boiling and stewing? How would you proceed to cook a chop? How do you make butter; and what precautions