

that is left, after you have sucked the starch out, is the gluten of wheat, the same in chemical composition as the albumen of milk or the curd of milk or the fibrine of beef—the lean part of beef. And then you have in the human body some fats—15 per cent. of fats. That varies a great deal. The fat is the fuel, the lubricant stored up to make the motions of the body easy, to oil the joints; and then as a fuel it is like a tender on the engine—it is a store of fuel to be called on at any time it can be burned up to furnish force for any kind of big undertaking. That is why one always delights to see one fat, because one always knows a fat man can do a great deal if he feels inclined to try it. (Laughter.) The carbohydrates, which are the fuels, composing 5 per cent. of the body, are the starches and sugars and gums that are taken in as food, just as wood is burned up in a stove; and you have mineral matter, 8 per cent. that is lime, that is the main constituent of milk, that is why skimmed milk often is the best thing you can give to growing bones. Nothing in the whole economy will give such toughness of bone, fine quality, as a great amount of milk. The opinion nowadays that milk is not the best thing to have in the house is getting prevalent in some quarters, which I think is very unfortunate. I had some pigs put into different groups—from the very same family, so that the families were the same, the brood was the same, the inheritance was the same—and some of those pigs fed on grain alone with no milk from the time they were weaned. Other pigs were fed a liberal allowance of skimmed milk with a little grain, and after the pigs had been grown up, fattened and killed, the bones were taken out and put under the test of a lever, and weights were hung on to see when they would break, and the bones would go snap with about 80 lbs. pressure when the pigs had no milk, and when the pigs had milk they didn't look any bigger, but they had that toughness that they would never go snap. You don't know when the strain comes on a boy's mind or conscience, and his body goes snap from weak bones, which is a very bad thing for a boy. You cannot grow boys' bones twice, boys' bones are grown only once. It is worth a lot of information to have boys whose bones are well grown, for all kinds of faithfulness, both for patient continuance in what they believe to be right and achieving things without any consciousness or seeking of self-ease. There is nothing at all for that that is equal to milk. That is why the first foster-mother, the milk cow, is very valuable in giving to the nations faithfulness. Milk is valuable in giving elements that those other things don't furnish at all. That brings me to speaking of things that are wholesome and requisite. The boy's definition of wholesome food is, "Wholesome things are things that are tasteless and nasty." There is no reason why things that are particularly wholesome should not be quite as beautiful and quite as nice as the things that are perhaps not quite as wholesome. On this chart I have shown you the source of some of these things that we call albuminoids and carbohydrates of fats for foods, to show you they came from the same things that those apples and pears and grapes come from. Albuminoids are composed of things in the atmosphere and water—nitrogen and the carbon and the oxygen and the hydrogen. When a man grows a field of grain or an apple tree or a grape-vine thereby he gleans from things that were useless and makes them valuable. That is creating wealth. If a man goes to the Klondyke or some other place, and claims, and brings back gold, he acquires some wealth for himself and community, but he does not enrich the community any more than the man who does these other things by making wealth in useful forms; and so the real wealth of this country after all will always come from the labor of those men who make the most out of the natural resources through the production of food of all kinds. This is merely to illustrate that point of albuminoids, that many human foods come from those sources as well—atmosphere, sunshine, water—and you have from an acre of Indian corn 873 lbs; that is a pretty large amount of albuminoids—enough to keep a man well nourished for nine years. An acre of Indian corn would serve a man for that period if he could digest corn stalks, leaves and all the rest of it. Now he need not tackle that task unless he is a man who has forgotten his manhood. He might buy a cow, or grow a cow, and make the cow do the work she is adapted for of turning corn-stalks into cream, and he might drink the cream at the other end. There are lots of men go on eating corn stalks instead all through their life. They are unjust to the cow, that is all I can say. As to these other things I will not spend any time further than to say that you have food from these

sources, and forms, the gotten in their econ basket. (these foods the inert a and the inc sunshine b the soil, bu all time; b latent, then crush it. (Laughter.) getting a li it can awa delicate inf down roots been playin influence. on the hort the fruit gro it can have and do for t of the suns enthusiasm individual, from its begi the things to you say that the apple ble will believe lifting up an come by-and into the sun In the sunsh the fruit gro that sunshin apple, more the minds of not nourish. make the fo certain propo hydrates, an people who forming and according to of the flesh-f not contain the fat is i wheat bread it up for the creamery but business that much the bet and was help know butter