

	Breakfast	Dinner	Supper
Thursday	Porridge, 1 a m b c h o p s or boiled eggs, toast, biscuit and butter, milk and tea.	Roast veal or pork, dressing, potatoes, cabbage, Rice pud- ding, raisin pie, bread, biscuit and butter, milk.	Salmon o r ham, figs, doughnuts, biscuit and butter, milk and tea.
Friday	Porridge, poached eggs, toast, biscuit, butter, milk a n d tea.	Tomato soup, fried fish or boiled beef, potatoes, wax beans, ginger pud- ding, pumkin pie, bread, biscuit and butter, milk.	Potatoes, cabbage salad, prunes, cake, bread and butter, milk and tea.
Saturday	Porridge, f r i e d white fish, pork chops, fried pota- toes, toast, soda biscuit, butter, milk and tea.	Soup, roast beef or ham, mashed pota- toes, stewed toma- toes, apple pie, ice cream, bread, soda biscuit and butter, milk.	Ham, plums, cake, bread and butter, milk and tea.

The foregoing arrangement will give a fair idea of foods used in the Muskoka Free Hospital. In order that we might get an exact idea of the values of these foodstuffs we weighed everything eaten by twenty-five patients during a period of seven days. The patients were all men and of about an average physical condition as far as the disease was concerned. These amounts were carefully recorded together with all waste and food not used. Without going into details of the food values of each separate article, I will simply give the grams. per patient per day of the component parts together with the daily caloric value. These are as follows:—

P.	F.	C.H.	Cals.
106.88	124.95	337.53	3,280.77

The weights of patients were accurately observed, gains being made in each case. These gains ranged from 1.5 lbs. to 5.5 lbs., or an average gain of 3.15 lbs. during the week.

It may be of interest to give the changes in weight as shown in the last twelve hundred and twenty cases. These were taken from the annual reports of the National Sanitarium Association. Of twelve hundred and twenty patients ten hundred and seventy-one made gains follows:—

Number of patients.	Time in residence.	Average gain.
522.....	One month	11.6 lbs.
226.....	One to three months...	9.55 lbs.
323.....	Over three months.....	14.4 lbs.