

prove the infant's capacity to digest its milk. Finally, while well within this epoch, many infants easily slide from this biscuit dietary, aided and abetted by the male parent, into "taking everything that we do," from pork to raw carrots!

(2) From the foregoing period the Adult dietary commences, and continues until the end of life, often permanently closed by dietary mistakes, or until disease or some medical man compels the individual to halt and make a change. Let me urge that no medical man is fully equipped against disease until he grasps the common-sense principles of diet. Faddiness is sheer nonsense, and as La Rochefoucauld says (Maxim 285), "*Preserving health by too strict a regimen is a wearisome malady.*" In dietetics, we require common-sense, and the use, not of cast-iron methods, but of an elastic adaptation of principles to each individual case. We must appeal to the common-sense of the people, for, as Dr. Samuel Johnson once said, "*A man seldom thinks with more earnestness of anything than he does of his dinner.*" Moreover, moderation in the use of most articles of diet is the governing principle, not prohibition, though in some cases temporary or permanent prohibition cannot be avoided.

Let us, however, consider in detail the average prairie dietary. The principal nitrogenous foods are pork, beef, poultry, fish, game, and mutton, with eggs, milk and bread, while carbohydrates are represented by porridge, scones, biscuits, the familiar cream-cracker, dry cereals and wheat products, pies, all kinds of cakes, all sweet preserves, syrups (both plain and maple syrup), corn sauce, milk puddings, potatoes, sweet corn, butter beans, beets, turnips, carrots, onions, cucumbers, cabbage, cauliflower and pickles. The hydro-carbons in butter, cream, pork and eggs are much in use; and in their seasons quite considerable quantities of oysters are consumed, and fresh fruits, such as apples, tomatoes, pears, peaches, cherries, apricots, strawberries, raspberries, blueberries, saskatoons, cranberries and currants. In addition, lemons, oranges and bananas are eaten in large quantities all the year round. It is, then, no exaggeration to state that, as the Western farmer grows more and more prosperous, his board may be said to *groan* with an abundance of good things; and so, too, quite often do those groan who partake too well thereof and not wisely. Yet, if guided by a judicious choice, one may eat there, and exclaim with Dean Swift, "*Lord, madame, I have fed like a farmer; I shall grow as fat as a porpoise!*"

It is worth noting here that the influence of tradition is well marked, so well-marked sometimes as to make fetishes of certain