

materials, oatmeal is not surpassed as a producer of physical power. It makes more muscle, than beef-steak. The great Dr. Johnston was once informed, oatmeal was only fit for English horses and Scotchmen, and said he, "Where will you find such horses and such men." "Food is the only source of human power, to work or to think," and extends to the infant, the school child, the youth in college, the shanty-man, the military man, the aged; and the chief source of danger to the system is more in quality than quantity, and more people die from over-eating than from alcohol. A lack of knowledge as to the fundamental principles of the digestive system in many, is a source of common troubles in that direction. The infant requires pure milk, sterilized and pasteurized, as in the drama of life, milk plays the most important part in the act of nutrition. The best and safest food for the infant is mother's milk, if free from disease. Society life contributes largely to the artificial method of rearing children, contrary to the plan of nature. The absence of teeth indicates the digestive power, and so in advanced age, even improved by the dentist, as the enthusiasm of youth abates, the quantity and quality of the food, must be carefully guarded. Here appetite frequently exceeds physiological need, hence it is necessary that the middle aged, as well as the advanced, should eat rather moderately, than too much. Frequent sudden deaths, in advanced life, are recorded, as the result of overloading the stomach. Such warnings of nature pass unheeded, and overwork bears the blame of sudden death at mealtime. Man frequently treats the stomach as if a machine, and not a part of the system, under the impression that *will power* is equal to any irregularity. Food is that which builds up the system, and constitutes the required force and energy, and no article, solid or liquid, should be taken, which will not supply *some part of the human structure*. Food for the child at school is only second in importance to that for the infant. *Scrap diet*, at this particular time, is not suitable for mental or physical development, and so with the university student, he must have blood, rich enough in nutritive material, to supply the requirements of the system, so that after graduation day, he may be able to take his place in whatever line is chosen, for the duties and responsibilities of manhood. To the man whose brain is his capital, when enjoying his usual meal with *strength giving*, and not *strength sapping viands*, which make not one atom of the body, the mind should be directed to the meal and not the business of life. The brain digests more than the stomach, and unless direct normal nerve force is given to the digestive organ, the gastric juice supply is defective, and in time followed by serious results. The practice of drinking iced water at meals is injurious, causing a reduction of the normal temperature necessary for active digestion. Water should be taken in moderate quantity, at meal time, as an excess reduces the specific gravity of the gastric juice and retards digestion. According to Sir Borden Sanderson, M. D., of Oxford, a