

At Kingston five candidates offered themselves for treatment from among the men of "A" Battery, Royal Canadian Artillery. These men took absolutely no other kind of solid food, either vegetable, meat or fish, for a period of twenty-one days in one case, twenty-eight in another, and thirty days in the remaining three. At the conclusion of the test the men stated that their hunger had been appeased, their bodily force fully sustained, their general health improved, and they felt no craving for other food during the whole period of the test.

The maximum amount of food taken was seven to eight tablespoonfuls of powder, and two to three slices of Protose bread, or two or three biscuits per meal, the powder being administered in weak beef tea or hot water. The thin men gained from two to four pounds in weight, and those who were over-stout lost some of their corpulency, from which they derived great benefit.

An analysis of the food shows that it contains 85 per cent. of proteid matter, 8 per cent. of water, and the balance mineral salts and fats; experiments carried on for artificial digestion showed that the food compared very favorably in this respect with beef blood and egg albumen. The Protose powder is said to be six times as nourishing as meat and seven times more nourishing than eggs, in the same quantities.

The discoverer of this new food is an Austrian. He has devoted a number of years to its study, and has obtained a proteid powder absolutely free from starch, which is the solution of the difficulty of nourishing a patient suffering from diabetes. It will keep good in any ordinary place for an indefinite period, and occupies less than four times the space of foods of less richness and nutriment. A factory for the manufacture of this new food has been started in Montreal.

Food for Children.

By Anna Virginia Miller.

The question arises as to what may be used as a substitute for mothers' milk and for modified milk. To this subject scientists have given much attention. Shall cows' milk be given? According to a report of the American Health Association, one-fifth of the mortality among infants may be traced to the milk supply. There is no doubt that much of the sickness of bottle-fed children, during the summer months in particular, is due to the unhealthy condition of their food.

The first object, then, if cows' milk be given is to secure a good quality. Never use the milk from one cow, not even if you are sure she is in a healthy condition. The germs of tuberculosis lurk in the system of a cow long before it is possible to discover the condition, and the milk may become impregnated with the germs of that dread disease when the cow is apparently in a healthy condition. If cows' milk be



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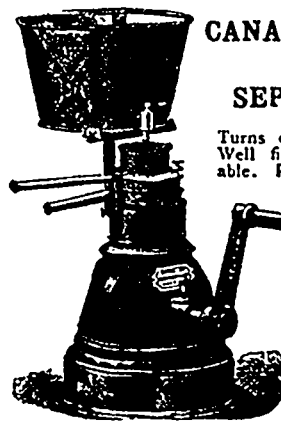
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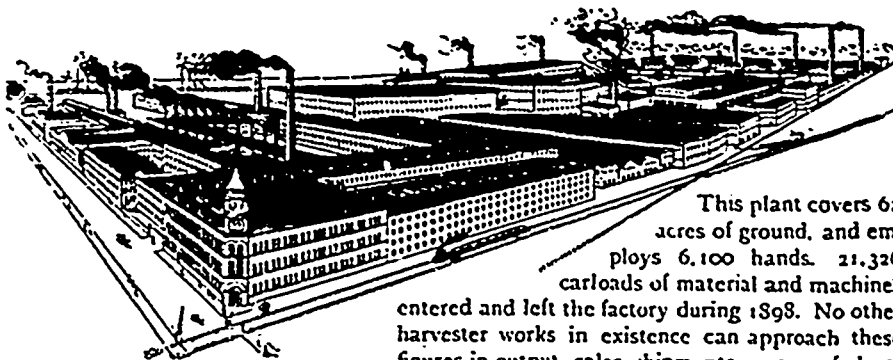
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