

2. I have not specially considered a dietary for children or for growing youth. The subject is too large to be dealt with usefully within my limits. As a rule, it may be accepted that a somewhat larger proportion of proteid food is required where the body tissues are increasing; that is, where growth is taking place; or in the case of convalescents, where waste is being made good.

3. The minerals matters of food have not been taken into account. Needless to say that these are of equal importance with nutrition as I have defined it. They are ordinarily present in our foods, and we take them incidentally and of necessity when we use natural food materials. In some cases, as where rice has been polished, or where flour has been ground from wheat after removal of the outer coating of the grain (bran) we are using an impoverished food material, and of course we must suffer, unless we supply the material which is lacking, by some equivalent food stuff. For this reason, true economy demands that we should prefer *whole wheat bread*, to the white bread so commonly in use.

4. An examination of the table herein will show that vegetables and fruit possess an apparently negligible value as nutrients. This is not, however, to be interpreted as rendering them useless in the dietary. We are so constituted as to require a certain proportion of non-nutritive material in our diet; if normal digestion is to proceed. In other words, our food must possess a certain bulk, as well as a definite nutrient value. Vegetables supply this bulk, and at the same time introduce certain small amounts of various acids and other components necessary to the enjoyment of our meals, and consequently to health.

5. Condiments, such as salt, pepper and spices, while possessing no nutrient values worth taking into consideration when we regard the minute amounts consumed, are necessary in order to give flavour to our food, and thus to stimulate appetite and the various secretions of the digestive system, through whose agency metabolism takes place.

6. Vitamines, are always present in natural foods, and food materials. They greatly influence the efficiency of food, as regards growth, and the prevention and cure of disease, although in amount so small as to have escaped attention until quite recently. Anyone desirous of further information regarding Vitamines, may consult Public Health Report, Washington, Vol. 31 pp. 364 to 370; or a paper in the American Journal of Pharmacy for Sept. 1916, p. 410.

In a recent address to the American section of the Society of Chemical Industry, Professor Graham Lusk of Cornell University recommended that, as far as possible, all foods should be purchased with a knowledge of their calorific and nutritive values, and that packaged foods should be labelled with this information. I fear that such action would injuriously affect the sale of many high priced and extensively advertised forms of food.