



Food.

BY DR. KNIGHT.

NEXT to milk, perhaps the best food for young people and sickly people is eggs. That is, eggs contain the same five things that milk does, and in about the right amounts to make good blood. The white of the egg is much the same as the curds of milk, the yolk contains some fat, like the cream, some sugar like the milk sugar, and some salt. Of course, there is a good deal of water in an egg, just as there is in milk.

Most of you know that eggs make the very best of flesh and blood. Because, of course, you all know that the white and yolk of the egg turns into flesh, bones, muscles, nerves, stomach and liver of the chick during the three weeks in which the hen is hatching out her chickens. We must not wonder if a somewhat similar change takes place in our bodies when we eat eggs. The white and yolk, that is, the five things which must be present in all good food, turn into blood, and the blood repairs the waste in our bodies, and keeps us alive and well.

Bread is, perhaps, the commonest article of food for grown-up people. Are these same five things present in it? Yes, they are. Wheat, from which white bread is made, contains about twelve parts of what may be called the curds of wheat; about 1.7 parts of what we may call fat; about 70 parts of starch, a substance that is a sort of first cousin to sugar; about 26.3 parts of water; and 2 parts of salt. If you will turn back and look at the amounts of these five things that are present in milk, you will find that bread contains more curdy matter, less fat, but much more sugar. So that, if we had to live on bread and water, which was the only food that jailors used to feed to prisoners long ago, we should have to eat a great deal more bread than we needed in order to get the right quantity of curdy matter for the blood. And in doing this we should have taken a great deal more starchy matter than is good for the blood. So that, in taking the right amount of curdy matter, we should be taking the wrong amount of starchy matter. And while this would certainly not kill us, it would not be good for us. After some time we should not feel well; we should probably get sick, and have to go to a doctor. If he were a wise doctor, he would inquire carefully about our diet, and would probably soon find out that we were not getting enough curdy matter, or fat in our food. In this case he would advise us to eat some cheese with the bread and water. This