

		GRS. PER POUND.				GRS. PER POUND.	
		Carbon	Nitrogen			Carbon	Nitrogen
Split peas	2699	248	New milk	599	44		
Indian meal	3016	120	Skim cheese	1947	483		
Barley meal	2563	68	Cheddar cheese ..	3344	306		
Rye meal	2693	86	Bullock's liver ..	934	204		
Seconds flour	2700	116	Mutton	1900	189		
Oatmeal	2831	136	Beef	1854	184		
Baker's bread	1975	88	Fat pork	4113	106		
Pearl barley	2660	91	Dry bacon	5987	95		
Rice	2732	68	Green bacon	5426	76		
Potatoes	769	22	White fish	871	195		
Turnips	263	13	Red herrings	1435	217		
Green vegetables ..	420	14	Dripping	5456	—		
Carrots	508	14	Suet	4710	—		
Parsnips	554	12	Lard	4819	—		
Sugar	2955	—	Salt butter	4585	—		
Treacle	2395	—	Fresh butter	6456	—		
Buttermilk	387	44	Cocoa	3934	140		
Whey	154	13	Beer and porter ..	274	1		
Skimmed milk	438	43					

A FEW FACTS ABOUT ALCOHOL.

The popular plan of administering alcohol for the purpose of sustaining animal warmth is an entire and dangerous error, and when it is brought into practice during extremely cold weather it is calculated to lead even to fatal consequences, from the readiness with which it permits the blood to become congested in the vital organs. We cannot too forcibly impress the fact that cold and alcohol act, physiologically, in the same manner, and that, combined in action, every danger resulting from either agent is doubled.

Whenever we see a person disposed to meet the effects of cold by strong drink, it is our duty to endeavor to check that effort, and whenever we see an unfortunate person under the influence of alcohol, it is our duty to suggest warmth as the best means for his recovery. These facts prompt many other useful ideas of detail in our common life.

If, for instance, our police were taught the simple art of taking the animal temperature of persons they have removed from the streets in a state of insensibility, the results would be more beneficial. The operation is one that hundreds of nurses now carry out daily, and applied by our police-officers, at their stations, it would enable them not only to detect the difference between a