

brown bread, cannot, with the single exception of fats and mineral constituents, be maintained from the physiological side. On the other hand, distinctly less nutritive materials actually get into the blood in the case of the brown than of the white bread. . . .

"White bread is, weight for weight, more nutritious than brown. Therefore, it appears the preference given by operators in large towns for white bread has to a certain extent a sound physiological basis.

"In the case of people with irritable intestines white bread is to be preferred to brown.

"In the case of people with sluggish intestines brown bread is preferable to white, as it tends to maintain regular peristaltic action and ensure regular evacuation of the bowels, with all its attendant advantages,

"In cases where the proportion of mineral ingredients, and especially of lime salts, in other articles of food or drink is insufficient, brown bread is preferable to white. . . .

"If the dietary is insufficient in fat, or if the patient is unable to readily digest fat in other forms, brown bread may possibly be preferable to white."

In this country, where everyone eats a very varied diet, it is doubtful if a sufficiency of ash materials and fat are not taken into the system without using the bread from the coarser flour for the purpose of obtaining these substances. Moreover, it is evident that the comparative nutritive value of white and brown bread varies with the individual.

COMPARISON OF THE NUTRITIVE VALUE OF BREAD AND SOME OF THE COMMON FOODS.

Bread is often referred to as the "staff of life," presumably because it is so universally used, and because it is one of our cheapest foods, and, at the same time, very nutritious and palatable. It is sometimes spoken of as a complete food, *i. e.*, one that furnishes all the nutrients required to nourish the body and in the proper proportion. It possibly fails somewhat in the latter respect; but, as is well known, the food of man must please the palate as well as satisfy the demands of the body, and to do this we must have a varied and mixed diet. This is not the place to discuss the balancing or cost of diets; but, for purposes of comparison, it may not be out of place to show the amounts of the important food constituents furnished by other common foods. For this purpose we have calculated the weight of protein, fat, and carbohydrate, and the number of calories of heat one dollar's worth of each of the more common foods will furnish. The figures are based on the average composition of the foods as purchased.