

capita. His own school for feeble minded was at the bottom of the list with seven ounces (the United States Army ration is 16 ounces of beef, or 12 ounces of pork per day per man). There was no criticism *expressed* by the Secretary, but the Superintendent was asked his opinion on these different amounts.

The Superintendent answered the letter by first giving a table of the changes in weight, during the year, of all children and adults, in his care compiled from the monthly weighings. This showed a satisfactory gain for nearly all those of growing age, and a satisfactory status for the adults. He told the Secretary that in his opinion a steady increase in weight accompanied by good complexions and bright looks in children who are given plenty of outdoor exercise and unlimited access to good drinking water is a positive criterion of adequate nourishment. That he, the Secretary, knew by his visits of inspection whether the children *looked* well. He then told the Secretary that in his opinion, especially with children, the purposes of meat in an institution dietary was rather to furnish flavour than sustenance. He reminded him that many of the children in that institution were quite small, and there were many epileptics, also that the amount of milk that was being used was considerably above the average of most of the other institutions. He pointed out that to criticise an institution dietary much more than a mere knowledge of the per capita proportion of meat issued from the cold storage is necessary.

The Superintendent then went on to tell that some of the strongest and most robust races of men use very little, if any, meat; that there are a large number of people in the world who are vegetarians and still are healthy and able-bodied. He then told him he would give him an ancient and a modern instance of vegetarian diet with the results. The modern instance occurred in Germany during the previous summer. There was a 100 mile road-race ending at Berlin in which there were 95 contestants. It happened that the first seven to arrive