

JOHNSTON'S FLUID BEEF IMPROVED COOKERY. OR, THE

SCIENTIFIC PREPARATION OF FOOD

Has lately occupied some public attention, and it may be anticipated that a more general knowledge of the chemical composition, preparation, and physiological effects of food will be the result. In this connection we submit the latest theory for the preparation of a perfect beef tea or "hygienic food," and in soliciting a perusal, trust it may prove not uninteresting.

Every vital action, mental or muscular, is accompanied with a proportionate waste in the structures of the body, and to renew this continuous waste is the ultimate design of all food. In order that food may be thus transformed into the various parts of the living organism, it is first essential that the materials of such structures shall be contained in the food supplied, for the human system is absolutely incapable of producing muscular fibre, cellular tissue, blood, brain, bone, etc., out of substances which do not contain the elements of which those organs are composed. And in proportion as food contains such elements in an available form, so is it termed nutritious or otherwise. Extract of Meat, or Beef Tea, is everywhere acknowledged as a harmless stimulant, serviceable in prostration, or as an adjunct to easily digested food; but outside medical or scientific circles it is not generally known that such extracts are simply the flavor of meat (technically the soluble salts of flesh), and as such are not in any real sense nutritious. In this connection we quote from the standard authorities, Drs. Edward Smith, H. Letheby, and Baron Liebig:

In the paper read by Dr. EDWARD SMITH before the British Association, August, 1883, he says of Meat Extract: "When, therefore, you have excluded fat, fibrine,