

ON FOOD AND DRINKS.

Strong tea has the power of retarding the waste of the system, and a small quantity of food with tea will go farther than a larger quantity taken with any other liquid except coffee, which resembles tea in this respect.

Four ounces of bread are more than equal to eight ounces of potatoes, and yet do not satisfy the hunger for the time nearly so well. It is a question whether in six hours the stomach would not require a second meal more imperatively after the potatoes than after the bread.

Bread, fruit and vegetables are preferable to other kinds of food to those of full habit or of excitable temperament.

Oatmeal in any shape is healthy, and gives strength and brain power. When mixed with currents it is an excellent diet for regulating the bowels.

The preparations of wheaten flour known as *vermicelli* and *macaroni* are very nutritious and easily assimilated.

There is more phosphate in coarse brown bread than in white.

Ice water, being only 10 degrees colder than spring water, is not considered injurious by many physicians.

Dr. John C. Draper, in his work on Anatomy and Physiology, contends that meat should be kept long enough to be slightly tainted before being used, and cites venison and game as the most wholesome food on this account. He considers lamb and veal particularly indigestible. He says pork should not be eaten in the hot months, and with truth asserts that animals are slaughtered for our markets without any regard to age or condition.

Tea and coffee are recommended after fatigue as very beneficial in repairing tissue. Coffee is in great favour with all brainworkers, and when taken without milk and sugar (we mean good coffee, not half-ground peas and beans) is a capital revivifier.

Chocolate is considered as having a tendency to bring on dyspepsia.

Lemonade and sugar water partake of the same nature as vinegar, which, while it reduces the flesh and makes 'spider waists,' also in time reduces the whole system.

Potatoes are best roasted, and should be cooked so that they fall apart.

Any kind of water containing lime or other substances should always be boiled before drinking.

Roasted meat contains more nutritive material than boiled. Broiling is the best method of all.

The dark meat in fowls is the most whole-

some, notwithstanding many people give their preference to white meat.

The food of castrated animals or birds is better than the entire male or female.

Welsh rarebits are very indigestible, and when served with poached eggs known as 'Golden Bucks' are considerably more so.

Clams create the most violent pains and vomiting when eaten by those they do not agree with.

Melons, celery, lettuce, water-cresses and tomatoes are very wholesome.

Salt-beef produces scurvy, because the soluble salts are removed from the beef by brine, in consequence of which it cannot restore to the human system those salts which are essential to preserve the blood in a healthy state.

Vegetables and fruits should enter into family consumption even if purchased for sanitary reasons. Among those which contain the most saccharine matter, sweet potatoes, parsnips, beets and carrots are the most nourishing.

Roast pork, besides being an expensive dish, requires a too lengthy drain upon the forces of the stomach to be a healthy article of diet.

Twice cooked meat is not considered wholesome.

Watermelons when eaten regularly are an excellent aperient, but if eaten extravagantly and irregularly the bowels become costive and sickness is the result.

Lamb and veal taint more quickly because they contain a large quantity of albumen, which is very liable to undergo putrefaction.

Dyspeptics, nervous people, and brainworkers should not eat potatoes except in great moderation, and I generally advise them not to eat them at all, says Dr. Holbrook in 'The Herald of Health.' They do not contain phosphorus and mineral matter enough for the nerves. They are apt to produce a condition of nervous dependency which is very depressing. Adding butter to potatoes is a mistake. True, it makes them taste better, but the melting butter covers the starch grain with a coat of oil which prevents the juices of the intestines from getting at it; and, as for the gastric juice, it has no influence on starch and cannot digest it. If eaten, they should be eaten with a little salt and pepper, but without butter. The best way to cook them is to boil or bake and serve hot and meaty.

BRAIN-FOOD.

Experience shows that highly phosphatic

and easily soft-boiled fowls, oys more than is especially minds are and in purchased by business. purpose is it contains which it is

EGGS

No artificial nutrition is a difference owing to the birds; yet creatures of human body is nearly there are almost consist in water. Eggs much time to four hours gestated when partially cooked. An ordinary and a half from two to sea-gull and ounces; and to six ounces in the duck egg by about Edward Smith an egg weighs consists of grains of carbon and er in The S the value of sustaining to the value of to 890. As egg is about hen may be el of corn yet eighteen pounds to saying this of corn will pound of egg contrary, rec pounds of o eggs are two ten cents a p