

for general use during the whole period of human life, that is, if the aim be to secure the highest results, both mentally and physically. While it is true that some animals are so constructed that they can handle to better advantage vegetable foods than is the case with other species, it is not true that man can digest vegetable food easier than the animal class. Therefore, between these two extremes there will naturally be found two other forms of dietaries, one which deserves to be classified as a well regulated or ideal mixed diet, the other an imperfectly regulated diet, in which the vegetable and animal class are less perfectly adjusted.

FOR AN ABSOLUTELY RESTRICTED DIET.

Buttermilk, skimmed milk, or milk, or some of the fermented milks (kumyss, zoolak, kefir, sumal). Beef tea, bouillon, and plain mutton, chicken, clam or oyster broth.

AN IDEAL MIXED DIET.

For Breakfast.—Two eggs, eight ounces of milk, two ounces of wheat bread and butter.

For the Mid-day Meal.—From one-quarter to one-half pound of beefsteak, eight ounces of milk, three ounces of wheat bread and butter.

For the Night Meal.—From one-quarter to one-half pound of beefsteak, eight ounces of milk, two ounces of bread and butter.

At Bedtime.—Eight ounces of milk.

Beefsteak is taken as the working standard among the meats, as it is the most easily digested of all the foodstuffs. Under the heading of meat is included lamb, mutton, occasionally veal; all kinds of fish, including the shell forms, such as oysters, clams, lobsters, and crabs; poultry and game of all kinds.

The meats to be broiled, boiled or baked.

The fish to be boiled or baked.

The oysters and clams to be eaten raw or stewed. The lobsters plain boiled.

A little crisp bacon may be taken from time to time, also ham and corned beef, *without cabbage*.

Eggs may be taken boiled, poached or scrambled.

The milk is best taken warm, or with a little lime-water added.

Wheat bread is taken as the standard, because it is the most easily and perfectly digested. It should be at least twenty-four