

PRACTICAL PAPERS.

CHILDREN'S FOOD.

Milk, which has been already prescribed as a chief constituent of all forms of diet, from earliest infancy, is, scientifically speaking, animal food; but I now use these words in their popular sense, as including the flesh of animals with its juices. Medical writers have, perhaps, differed more on the question of the right time for commencing the use of animal food than any other point with regard to the management of children. While one recommends that meat should be withheld from children until seven or eight years old, another allows meat, gravy, and broth to be given as soon as any teeth have appeared. The variety of constitutions demand that all strict rules should be sometimes modified. There can be no doubt that children will often thrive well upon farinaceous diet, with milk, for a longer period than is commonly supposed; but when several teeth, including some of the grinders, have appeared in both jaws, nature indicates that the time of feeding by suction is past, and that meat may now be given with discretion. The system is now less sensitive, or less easily disturbed by moderate changes of diet; and, therefore, we are less exclusive in dietary rules, for the age under notice, and would allow more latitude to the judgment of parents and others who have to cater for children. We would, however, caution them against an excessive use of meat, and, especially against giving highly-seasoned animal food to children. Even now, when several of the grinding teeth have appeared, and, indeed, for the first three or four years, meat should not be regarded as the chief or indispensable article of diet, but rather as an addition, an assistance, and a stimulus. Light puddings (especially such as are made partly of milk) should now be given as the first course of a dinner for children, and should be followed by a little gravy, with light mashed, mealy potatoes. Broth or soup—the latter neither too concentrated nor highly seasoned—may now be given, with some farinaceous food added, such as toast, rice, macaroni. Meat, either beef or mutton, but the latter more frequently, may be next given, either roasted or boiled, and finely minced. Sameness in cookery should be avoided. When meat is boiled, the liquor, which contains valuable salts, should be preserved for broth. An egg, lightly boiled, may sometimes take the place of meat. Savory, or highly-seasoned meats—such as potted meats, sausages and stews made hot with spices—should not be given to children. Such a diet would vitiate the taste, diminish the appetite, and teach a child to refuse plain and wholesome food. While a child should by no means be compelled to eat what does not agree with his digestive power, he should be early taught to take what is placed before him. Meat should be well cooked, so as to be thoroughly done, and yet to retain the nutritious juices. Excessively fat meat is generally disliked by children, and should not be forced upon them. On the other hand, the rejection of all fat is nothing more than a habit, which had its origin in whim or fancy, and has been confirmed by yielding to it. This should be corrected, and a moderate share of the fat of meat should be taken. Of course, it will be less required if new milk and butter are freely used in the dietary, for these will supply fat. Other useful articles to supply this constituent of food are, drippings spread on toasted bread, and finely minced suet, in making light puddings. Children who dislike the fat of beef or mutton will often eat bacon, which, may, therefore, be occasionally given with some advantage. In cases where the aversion to the fat of meat is obstinate, while milk is readily taken, finely minced suet, boiled in milk, may be recommended.

THE POPULATION OF THE EARTH.

The fifth publication of Behm and Wagner's well-known "Bevölkerung der Erde" is just out, a few days too soon to contain the new arrangement in the East. Since the last publication of these statistics the population of the earth shows a total increase of 15,000,000, partly arising from natural growth and partly the outcome of new and more exact censuses. The total population is now set down at 1,439,145,300, divided among the continents as follows: Europe, 312,398,480; Asia, 831,000,000; Africa, 205,219,500; Australia and Polynesia, 44,111,300; America, 86,116,000. The following tables give the latest results for the chief countries in the world, except the United States:

EUROPE.

Germany, 1875.....	42,727,360
Austria-Hungary, 1876.....	37,350,000
Liechtenstein, 1876.....	8,664
Switzerland, 1876.....	2,759,854
Netherlands, 1876.....	3,865,456
Luxemburg, 1875.....	205,158
European Russia, 1872.....	72,392,770
Finland, 1875.....	1,912,647
Sweden, 1876.....	4,429,713
Norway, 1875.....	1,807,555
Denmark, 1876.....	1,903,000
Belgium, 1876.....	5,336,185
France, 1876.....	36,905,788
Great Britain, 1878.....	34,242,966
Faroes, 1876.....	10,600
Iceland, 1876.....	71,300
Spain (without Canaries), 1871.....	16,526,511
Andorra.....	12,000
Gibraltar, 1873.....	25,143
Portugal (with Azores), 1875.....	4,319,284
Italy, 1876.....	27,769,475
European Turkey (before division),.....	9,573,000
Roumania, 1873.....	5,973,000
Servia, 1876.....	1,366,923
Montenegro.....	185,000
Greece, 1870.....	1,457,894
Malta, 1873.....	145,604

ASIA.

Siberia, 1873.....	3,440,362
Russian Central Asia.....	4,505,876
Turcoman Region.....	175,000
Khiva.....	700,000
Bokhara.....	2,030,000
Karategin.....	100,000
Caucasia, 1876.....	5,391,744
Asiatic Turkey.....	17,880,000
Samos, 1877.....	35,878
Arabia (independent).....	3,700,000
Aden, 1872.....	22,707
Persia.....	6,000,000
Afghanistan.....	4,000,000
Kafiristan.....	300,000
Beloochistan.....	350,000
China proper.....	405,000,000
Chinese border-lands, including Eastern Turkistan and Djungaria.....	29,580,000
Hongkong, 1876.....	139,144
Macao, 1871.....	71,834
Japan, 1874.....	33,623,373
British India without British Burmah, 1872.....	188,421,264
Native States.....	48,110,200
Himalaya States.....	3,300,000
French Settlements, 1875.....	271,460
Portuguese do.....	444,617
Ceylon, 1875.....	2,459,542
Laccadives and Maldives.....	156,800
British Burmah, 1871.....	2,747,148
Manipur.....	126,000
Burmah.....	4,000,000
Siam.....	5,750,000
Annam.....	21,000,000
French Cochinchina, 1875.....	1,600,000
Cambodia.....	890,000
Malacca (independent).....	209,000
Straits Settlements.....	308,097
East Indian Islands.....	34,051,900

AUSTRALIA, ETC.

New South Wales, 1876.....	630,843
Victoria, 1876.....	841,938
South Australia, 1876.....	229,630
Queensland, 1876.....	187,100
West Australia, 1876.....	27,321
Tasmania, 1876.....	105,484
New Zealand and Chatham Islands, 1876.....	444,545
Rest of Polynesia.....	1,896,090

We have no space for details as to Africa. In 1877 Algeria had 2,867,626 inhabitants. The population of Egypt is now estimated at 17,000,000, and the equatorial regions of Africa at 44,000,000. Caffre-land North of the Transvaal is estimated at 1,000,000; Orange River Free State, 65,000; the Transvaal, 275,000; Natal (in 1875), 326,959 inhabitants; the Cape Colony, 1,148,462. In America the figures are but little changed from those of the previous issue of these statistics. Greenland (1876) is estimated to have a population of 10,000; Nicaragua (1877), 300,000; Brazil (1862), 11,108,291; Guiana (1875), 342,300; Ecuador (1875), 1,066,000; Peru (1876), 3,000,000; Chili (1875), 2,333,568; Uruguay (1876), 445,000; Paraguay (1876), 293,844.

HORSE-RACING AND ITS ATTENDANT EVILS.

We see from the flaming notices that fill our daily newspapers that our city is again soon to be the gathering place of the champions and patrons of what, in their own chosen vocabulary, is called "the turf." Horse-racing is a very ancient sport, and if it could only be separated from its accompanying evils, would probably be neither better nor worse than hundreds of other kinds of recreation. Unfortunately, however, the "evils" make the largest, and to a very considerable share of its supporters, the most attractive part of horse-racing. If betting, gambling, and the various

forms of attendant vice, were completely banished from this sport, it would be voted excessively dull, and would be at once abandoned by most of its patrons. And it is because of the exceedingly disreputable following which the race track has always gathered about it, that good men everywhere and in all ages have deplored its existence and warned the young especially against its dangerous fascinations and its power for harm.

It is a well-known fact that remarkable speed of motion in a horse is a most valuable marketable commodity. A few seconds of time gained on a mile race-track adds thousands of dollars to the selling price of the animal. The reason for this is not to be found in any increase in the intrinsic value of the horse. Seconds are sometimes very precious if a man is galloping in urgent haste for a doctor, for example, or running away from his creditors or the officer of justice, or even making a friendly trial of speed along the road with a neighbor. But who ever paid a thousand dollars a second for added speed in a horse merely to have him handy for any of those emergencies? It is very seldom, indeed, that men give these fancy prices for fast horses unless they expect to win money with them. Almost the only element that gives marketable value to a racing animal is the gambling element. A horse that will "do to bet on," is rated accordingly. And it is this which is poisoning a very large class in society, which is making so many of our young men and our old men dissipated, reckless, and corrupt.

The truth is that this effort to get something for nothing, to win money without working for it, lies at the foundation of more misery to the human race than almost any other vicious passion. God has so constituted man that, in a healthy development of society, honorable labor of some kind must always be associated with the rewards of labor. Betting upon horse races, "pool-selling," or gambling in any of its multitudinous forms, is a direct violation of this wholesome law. The young man who, in this way or in any other, attempts to obtain possession of money for which he has given no equivalent, is travelling in a road that runs only a little less within the prohibited limits of the law than that of the common pickpocket or the vulgar thief. Horace Greely never said a more truthful thing than when he declared that "The darkest hour in the history of any young man is when he sits down to study how to get money without honestly earning it."

We do not deny that there are some very excellent men who are more or less mixed up with this business of horse-racing. The same may be said of whiskey-selling, and for that matter, of every other evil traffic. That, however, does not diminish the evil or excuse those who are concerned in it. On the contrary, by giving a certain outward respectability to that which is essentially degrading and vile, the evil itself is greatly increased. If all good men stood rigidly aloof from such things, there would be less confusion in the popular mind in regard to them. It is precisely because some respectable men and women go to horse races and give them their countenance, and even engage in a moderate way in what they call "harmless wagers" upon their favorite horses, that the young and thoughtless find in their conduct a full excuse for unlicensed and reckless gambling.

It is, as we believe, the imperative duty of Christian men to set their faces as a flint against this whole corrupt and corrupting business of horse-racing. The young especially should be warned against visiting such places. "Lead us not into temptation" should be the special prayer of those who are placed in circumstances of special peril. Too much vigilance cannot be exercised by parents in this matter. Our land to-day contains thousands of ruined lives whose first downward step in a career of vice dates from some visit to a horse race and from the vile associations that appear to be inseparable from this sport. There is no safety in bad company. The counsel of Solomon is as wise now as when it was first given. "Enter not into the path of the wicked, and go not in the way of evil men. Avoid it, pass not by it, turn from it and pass away."—*Exchange*.

MR. JOHN B. GOUGH was accorded a very flattering reception in London by the temperance people. Among those present were four members of Parliament, two canons and a dean. The reception took place in the College Gardens, Westminster Abbey.