

SUMMARY.

1. Xerophthalmia and beriberi are two deficiency diseases in the sense in which Funk and his co-workers employed this term.

2. Scurvy, rickets and pellagra are caused by diets which are faulty and which favor secondary infections.

3. A diet of carbohydrates and fats, protein and inorganic salts of ample calories may still be a dangerously deficient diet.

4. Appetite is by no means as safe a guide for the proper selection of foods as has generally been supposed.

5. Latent and mild cases of beriberi, scurvy, rickets or pellagra are even more common than suspected, associated with chronic nervous conditions, characterized by malnutrition.

6. Antiscorbutics, *e.g.* orange juice or tomatoes, should be added early to the diet of the infant.

7. The more liberal use of protective foods, milk and the leafy vegetables should be advocated.

8. Inadequate diet favors infection, *e.g.* tuberculosis, scurvy, rickets, pellagra.

In conclusion, it seems that we, as Canadians, should earnestly consider the advantages of a nutritional laboratory where many problems of national importance would be investigated. The admirable work of the Carnegie Nutritional laboratory of Boston and of the Lister Institute of London should stimulate a more thorough study of the many problems of nutrition. The Inter Allied Scientific Food Commission decided to recommend that France, Italy, England and the United States establish laboratories for the study of human nutrition. The Commission called attention to the fact that at least one quarter of the income of a nation is devoted to the purchase of food by its individual citizens, and that since the poorer the individual, the greater is the proportion of his wage devoted to the purchase of food, it is therefore a matter of highest importance for the welfare and prosperity of a nation that the methods of the best possible utilization of its food resources be sought out and in time definitely established by reliable scientific data.

BIBLIOGRAPHY.

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