

It would astound all possible calculation to know the consumption of these articles in the class that earns less than £1 per week. Here the waste is even greater than among the working classes of higher standing. So bad has our cooking and food supply become, that at first sight one scarcely knows how to find anything else in the place of these things. To every hamlet in the kingdom the use of tea has penetrated, its mild stimulating power is an immediate relief, and our poor brains are losing the strength to look further ahead than from hour to hour. A regular tea-drinker is insatiable, the tea-pot is in constant requisition, and this slow waster of vitality does its work so effectually that nothing is left of a tea-drinking woman but parchment-like skin, covering dried-up bones, that have lost all their rounded muscular covering. The nourishment a tea-drinking mother can give to her suckling babe is not worth mentioning, for her milk is partially dried up, and what there is is watery, and of little value.

As we have said, tea, bread and butter, bad as it is, now and then potatoes, with dry bloaters, a saveloy or such things, form the staple food of the very poor. Is it, then, possible to do better, is it not, rather, a solemn duty of those in a higher position to find means that their fellow creatures shall have a different nourishment. Unless the poor have great courage and self-denial they can positively not live on their means at present prices, but when their intelligence is in some way educated to the proper use of the means, it is possible to get some comfort out of them. To direct the very poor in their culinary operations, we must at once make them understand that they gain more from all produce growing in their own country than from that which comes from foreign countries, particularly from the tropics.

Teach them at once to set aside tea and bread and butter as staple meals, for nothing can be more expensive and innutritious; and once for all let them understand that all poor eat too much bread. Bread by itself, as we get it, is hungry food, as they say; its nutritious qualities are unsatisfactory, and not half so great as those of mixed dishes of vegetables, with a little animal food, of flour, with animal fat and some aromatic mixture, or of various mixtures of vegetables. It is on such combinations that the food