

parents. But this is not true generally. It is therefore a matter of great importance to have come of a good healthy stock. Next to having a strong body and strong mind, the great matter is that children should be well fed. Of course, clean, dry, loose clothing—cool in summer and warm in winter—is also important, as we shall see later on. So also it is important that children should have plenty of play, or take part in bodily labor; that they should have plenty of sleep in airy rooms; that they should have clean hair, skin, and clothing; that they have their meals at regular hours, and indeed have regular hours for all their bodily habits, and that they should not use tobacco, or drink strong tea or coffee, and certainly not a drop of alcohol in any form; but of all ways of being strong and growing strong the most important by far are being born of strong parents and being well fed.

SALTS, TEA AND COFFEE.

We have seen that milk, eggs, bread and meat all contain two other kinds of food besides the curds, fat and starch. They contain salts and water. Are the salts of any use? Yes, a great deal of use. In fact, we cannot live without salts any more than we can live without the curd. Of course, everyone knows that we eat table salt with the food; but there are other salts which we take into the body with our food and which are quite as essential for health as table salt. These other salts are like table salt, but are different from it. They are found in most fruits and vegetables. In fact, we eat certain vegetables raw, such as onions, lettuce and celery, largely on account of these other salts which are in them. When we eat these vegetables raw, we get the good of all the salts that they contain. When they are boiled, the boiling takes out a great deal of the salts, and if the water in which they are boiled is thrown away, we lose the good of these salts. In making soup from bones and vegetables, these salts are all kept in the soup, and this is one reason why soups are so good for us.

How do we know that salts are necessary? In a very simple way. When dogs and other animals are fed on food which has no salt in it, they sicken and die in about a month. You may feed them as much curd, fat and starch as you like, but without salts in their food these animals cannot live. And exactly the same thing would happen to us if we tried to live without salts.

No one knows exactly what the salts do for us when we take them into the body. We do know that they help to turn the curds into a liquid. You can see this for yourself any time, by putting the white and yolk of a hard-boiled egg into a tumbler, adding about a quarter of a teaspoonful of salt, and stirring it briskly with a spoon. You will soon see that some of the hard pieces get soft, and give rise to yellowish liquid. You know that sugar, when stirred in water, goes out of sight. We say that the sugar has gone into solution in the water. So the table salt puts a little of the egg into solution. And in somewhat the same way, the salts which we take