

for the boys on one day, and the girls on another, the matter was made comparatively simple.

I once found an employees' dining room in a large institution where they had had beefsteak for breakfast 364 days in the year for four years. The only variety was on Easter Sunday of each year when they were given boiled eggs. In the same dining room pasty, unpalatable rolled oats was served every day and mostly wasted. The only redeeming feature about the breakfasts was that every second or third day there were hot biscuits, and that there was usually some stewed dried fruit on the table. When they began to get eggs and bacon, fried sausages, griddle cakes, fried liver and bacon, broiled ham, fish once a week, and other such varieties (which never cost more than the beefsteak and many of the items cost less) the call to breakfast took on a new attraction; and when the fruit season came in and there were either fresh strawberries or fresh blackberries, or melons, or grapes, then the attraction was still greater. I have sometimes wondered whether it would not be feasible in an institution to put the meals, for the employees at any rate, on the European plan. Allow each person so much per meal, and charge each item, giving a good variety of choice each day. However, we are still a long way from such a *la carte* service.

One of the things that often comes up in dietary scales is the proportion of meat that shall be used. It is easily possible to be very extravagant in this respect. An interesting incident occurred in a large institution for defectives some years ago. The Superintendent was giving a large amount of personal attention to the bills of fare, and he had reduced the amount of meat to what he believed to be a reasonable minimum. One day he received a letter from the Secretary of the State Board of Charities enclosing a table showing the amount of meat, per capita, by weight and cost, used in the thirteen institutions of the State. One of the hospitals for the insane headed the list with 19 ounces per diem per