

the best when a high state of efficiency and endurance is desired.

To many, to speak of a meatless dietary would be inclined to draw a reply of "Impossible to live without meat." The fact that three-quarters of the population of the earth are non-flesh eaters must force us to conclude otherwise.

Of what then should a man's diet consist of when flesh is excluded. Surely we are not puzzled to reply to that question when we realize that our own fair land flows with milk and honey.

A short list of foods furnishing abundance of nourishment might be suitably inserted here:—

Such nourishing fluids as milk, buttermilk, cocoa, vegetable soups, coffee.

VEGETABLES—Cereals—Potatoes, corn, beans, peas, wheat, rice. To this can be added twenty-five different choices with numberless combinations.

NUTS—as peanuts, walnuts, pecans, filberts. Ten varieties in all are familiar.

FRUITS—as apples, bananas, apricots, dates. Twenty more as valuable as these are available.

These with their almost numberless combinations offer a great variety. Why should one question getting along without flesh?

In the following list, to which twenty more could be added, we have foods containing large percentages of PROTEIN—that element or substance used by the body for building tissue or muscle—in which flesh foods are so rich.

Porter House Steak, 21%	Beans, 22%
Tenderloin Steak, 16%	Peas, 21%
Round Steak, 21%	Peanuts, 25%
Beef Brisket, 15%	Oatmeal, 16%
Haddock, 17%	Cheese (10 kinds) 15 to 29%
Sausage, 18%	Eggs, 13%

This short list is given to show the percentage of protein in foods commonly used, and goes to prove that we have little to fear from lack of proper nourishment while on a non-flesh diet.