

and fat present, the flesh of fish having water where meat has fat. As compared with other foods the difference in the digestibility of fish and meat is not very great.

MENU NO. 2.

Breakfast—Codfish Creamed, Salt Cod, Milk, Butter, Flour, Baked Potatoes, Bread, Butter, Coffee.

Dinner—Clam Soup, Clams, Milk, Butter, Flour, Onion, Salt, Pepper, etc., Roast Lamb, Leg, Green Peas, Butter, Mashed Potatoes, Bread, Butter, Apple Tapioca Pudding.

Supper—Lobster Salad, Lobster Meat, Yolk of three Eggs, Butter or Oil, Milk, Sugar, Vinegar, Salt, Pepper, Mustard, Biscuit, Butter, Tea.

	PROTEIN	FUEL VALUE
	pounds	calories
Breakfast.....	.244	3501
Dinner.....	.484	5130
Supper.....	.276	3537
Total.....	1.004	12168
Total for one man ..	.251	3042

MENU NO. 3.

Breakfast—Breakfast Cereal, Cracked Wheat, Milk, Sugar, Creamed Dried Beef, Dried Beef, Milk, Butter, French Fried Potatoes, Bread, Butter, Coffee.

Dinner—Halibut Steak, Mashed Potatoes, Tomatoes, Bread, Butter, Apple Pie.

Supper—Salmon Croquettes, Canned Salmon, Mashed Potatoes, Butter, Egg, one, Prune Sauce, Muffins, Butter, Tea.

	PROTEIN	FUEL VALUE
	pounds	calories
Breakfast.....	.354	4210
Dinner.....	.441	4746
Supper.....	.221	3375
Total.....	1.016	12331
Total for one man ..	.254	3083

MENU NO. 4.

Breakfast—Breakfast Cereal, Cracked Wheat, Milk, Sugar, Broiled Salt Mackerel, Boiled Potatoes, Hot Rolls, Butter, Cheese.

Dinner—Boiled Beefsteak, Baked Potatoes, Onions, Celery, Bread, Butter, Baked Apples, Apples, Sugar, Milk.

Supper—Oyster Stew, Oysters 1½ pints, Milk 1 pint, Butter, Crackers, Bread, Butter, Chocolate Layer Cake, Tea.

	PROTEIN	FUEL VALUE
	pounds	calories
Breakfast.....	.326	4493
Dinner.....	.405	4560
Supper.....	.237	3591
Total.....	.966	12644
Total for one man ..	.242	3161

In each of the menus, fish occurs in at least two meals. It is not the intention to suggest that fish should be consumed in such quantities every day, but rather to show that fish may be readily used with or in place of meat and other articles of food, and further to show how a well balanced dietary may be arranged with only those articles of diet which may readily be procured in the majority of households.

Paper Milk Bottles.

ACCORDING to a writer in *American Medicine*, investigations by Dr. A. H. Stewart, of the Philadelphia Bureau of Health, have resulted in the debut of the paper milk-bottle. It is made of heavy spruce wood fibre paper, dipped in paraffin at 212 deg. Fahrenheit, and then baked. This sterilizes the bottle, and prevents the milk coming in contact with the paper itself and adhering, as it does, to the glass bottle. For shipment, the bottles are packed in nests of twenty, three nests being sealed in a sterile bag; the lids are also put up in sterile packages. Bacteriologic tests with sample bottles were exceedingly satisfactory. Certified milk in paper bottles kept sweet two days longer than in glass bottles. If these paper containers give such results in general use, the delivery of milk in cities bids fair to be revolutionized.

The Origin of Life.

The Standard.

“IT is by no means probable that Mr. J. B. Burke, of Cambridge, has solved the problem of ‘spontaneous generation,’ as some enthusiasts suggest, yet he has undoubtedly made a very remarkable discovery. He has produced, by means of radium and sterilized *Bouillon*, certain cultures which are not bacterial, and do not appear to be crystals. They may, therefore, be a primitive form of life, he tentatively conjectures. This, however, is not the first time that popular report has declared the origin of life to have been discovered, so we shall do well to imitate the caution which Mr. Burke himself evidently exhibits.”

Helping the Needy

REV. JNO. KENNER, Mitchell: Enclosed find a bill for the Free Hospital at Muskoka. I am glad of the truly Christ-like work you are doing. Wish I could give it a more liberal support. I made my will on Saturday last and have remembered it. May the blessing that maketh rich attend all your labors.