

throughout life of food suited to the eater. It is a vital matter that our diet be adapted to our age, both in quantity and quality. The appalling annual loss of infant life is an object-lesson of this fact. Feed an infant in accordance with the Law of Nature, and it survives almost any kind of ill which may befall it. Neglect this law, and no human skill, no exquisite climate, no expenditure of money, will rear it to maturity.

The small child and the grown man, the youth and his grandfather, each need varying amounts and proportions of food. To overfeed old age is to shorten and to sadden the declining years; to underfeed youth is to warp and check the normal course of development.

PROVISION FOR GROWTH AND FOR WARMTH

are the urgent requirements of the new-born child. Protein and fat are therefore of primary importance. Not much sugar or starch are needed, as during the first six or nine months of its life the infant leads, or should lead, an almost vegetable existence; sleep, warmth, and food fulfil its demands, which should be met with machine-like regularity. With the development of a more active phase of life a diet of different proportions is required. The addition of crisped bread, of a lightly cooked egg, and other suited foods, such as farinaceous puddings, white-fish, later on poultry and certain kinds of stewed fruit with cream, gradually train the child's digestive organs while meeting his bodily needs, until, by the age of seven or eight years, a healthy child will be eating much the same food as its parents, only with a larger proportion of milk, and generally of a simpler character.

The teachings of this diagram concern the housewife most nearly, because it is she who must provide for these ever-changing requirements. Not, of course, that any one suggests the making of elaborate calculations daily; or that the attention of the family should be concentrated upon the varying proportions of nutrients desirable under varying conditions. But every intelligent woman must familiarize herself with the broad principles which govern healthful feeding at each age period, and apply them to the best of her ability. For this is a question of efficiency, and of the courage, the cheerfulness, and the love of work associated with good nutrition.

NOW THAT THE FACTS ARE KNOWN,

it becomes a duty to make use of them. Otherwise man cannot do his full or best work in the world; he cannot serve his country or his empire to the degree of which he should be capable; he cannot play his part in the progress of civilization; he cannot become the parent of healthy children; he cannot enter fully into his heritage of culture, of experience, of world-wide knowledge.

With the object of equipping the housewives of this Province with that "working knowledge" of intelligent feeding to which repeated reference has been made, Part II. of this bulletin will be devoted to the practical applications of the theoretical information furnished in these pages.

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