

only escape he has, is when he is killed by the whisky before consumption gets a chance. Excesses in the sexual relations, also hasten the attack of consumption, and render it more speedily and certainly fatal.

We have already stretched this article to an undue length, and must close, leaving the consideration of other points to some future time. But by pursuing the course we have recommended steadily, not for a few days, nor a few months, but from the cradle to maturity, there is no doubt the tendency to consumption can be crushed out; and, in the language of another: "Out of weak, puny childhood we may form stalwart men and graceful and healthy women, fit to be the future parents of the race."

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### White Flour vs. Graham.

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ANY well-meaning persons, anxious to reform the public taste and the public health, exercise themselves terribly over the popular attachment to white flour in preference to Graham. In the ardour of their zeal they often go beyond knowledge, attributing almost every conceivable form of disease to the use of bread made from fine flour, and promising perfect immunity from these evils if people will only use unbolted meal.

Now, it is an undoubted fact that a great amount of nutritive matter, especially certain mineral substances, is contained in the shell of the wheat, and is consequently lost by the separation of the bran from the flour; and it is consequently true that Graham bread is more nutritious in the abstract than white bread. But beans contain nearly twice as much nutriment as Graham bread; and, therefore, on this same principle people should give up wheat altogether as an article of diet, and live on beans.

Common sense would seem to teach, that in the selection of our food we should take into consideration other things than simply its nutritive power. Graham bread is unquestionably healthy and nutritious for some people, but not for all. It is very distasteful to many, and this lessens its value in those cases. To cram food down the throat against the taste is poor policy, and is far from being either healthful or economical. Besides which, the bran in the unbolted meal is irritating to the delicate lining of the bowels, and