

it may seem; but it is surely much more desirable to meet their requirements by furnishing in their diet a sufficient quantity of material which requires diligent chewing rather than to provide them with artificial means, of doubtful aesthetic value, for the proper exercise of the muscles. Vitamines, valuable mineral constituents and crude fibre are partly eliminated from our foods by too much refining.

Health should be regulated as far as possible by diet, and until a great deal of further information has been obtained, the only sane and safe policy is to eat a great variety of foods, some of which (though not necessarily the cereals), should be uncooked, and to be careful to take a large enough amount of rather crude material to keep the body in good order. In an economical and wholesome dietary, vegetables and fruits both raw and cooked should certainly occupy a rather larger place than they usually do at present, but there is also great need, especially when the question of cost is being considered, to use a certain proportion of coarse grains such as oats, barley, rye, peas and beans, besides perhaps utilizing more of the coarser parts of the wheat kernel than are generally consumed at the present time. The writer has no sympathy with the ridiculous tirades which have been indulged in against highly purified wheat flour, which is certainly one of the very best, purest, cheapest, and most wholesome of all food products, notwithstanding anything that has been said against it. It is, however, not an ideal food, as it does not contain all that is needed for the human body. But there is no object in seeking an ideal food, for it is both more natural and more pleasant to eat a variety of foods and thus to make up for the deficiencies of each by the special good qualities of some other. It is no argument against an article in our diet to say that it will not by itself support life very long. Nor, in comparing two articles, should one conclude that that one is best which would *alone* support life the longest. We do not require the best single food, but the best combination of foods. There is no reason whatever to set up the claim that the whole of the wheat kernel should be eaten. No one would insist on the eating of a whole peach, including the skin and stone, or a whole fish, including the bones and entrails. We have as much right to select the parts of a wheat kernel which we wish to eat as to select the parts of a peach or a fish; but in the case of the wheat kernel, the selection is not so easy or obvious and should be made only after careful experiments have shown what is the best course. In a diet consisting chiefly of fruits, coarse vegetables and bread, the latter would probably (almost certainly) prove most satisfactory if it were made from highly purified wheat flour,—as concentrated nourishment as possible. But with a diet consisting almost exclusively of eggs, milk, butter, cheese and meat, it would probably be best to use only very coarse bread, containing nearly as much bran as is naturally present in the wheat kernel. Every article of diet must be considered as part of a system, and the quantity of each which should be taken will depend on the nature and on the quantities of the other foods consumed.

While wheat is not usually included in the term "coarse grains", some references to it will be made in this bulletin, although the prime object here is to call attention to some cheap, economical and particularly wholesome foods which have hitherto received very little attention. In the ordinary household the coarser part of wheat are seldom used, oats are almost unknown except in the form of oatmeal, which is not made from whole oats, and which is eaten as a rule in small quantities once a day or less often. Barley when used at all is in the form of pearl or pot barley, from which the outer coatings have been removed. Rye is scarcely ever eaten, and corn, peas and beans are much less employed than they should be.

There is altogether too much conservatism in the attitude of most people towards new foods. Many of us never pass the childhood stage where we refer to our own ordinary diet as "proper meat" and think that other people have "curious things to eat". Indeed it is not uncommon to consider that those whose diet differs from ours are not altogether sane in the choice of their food; hence ridicule is often thrown on the Chinese for eating rice, the English on account of their roast beef, the Scotch for their oatmeal, the Irish for their potatoes, the New Englanders for their soggy,