

PROPER HUMAN DIET.

BY F. C. IRELAND.

IMPROVED machinery, economy in production, an attractive article of merchandise, greater profits and such like subjects, absorb the attention of all interested persons, while the more important subject of a properly selected and properly prepared diet is almost entirely lost sight of in the hurry and bustle of competition. Scientific laws have been applied to the study and care of horses and cattle, and the intelligent farmer has learned just what food and management will best develop and preserve their strength, beauty and value. He has learned how to feed his land so that its productivity may be assured when the early and the later rain and sunshine are given by the hand of Providence, but how to feed himself and his children are subjects of little attention. They are expected to live, become perfectly developed, mentally and physically, without care or consideration. The food that is most palatable, most pleasing to the eye, as in Eden of old, has its votaries, without giving heed or taking pains to study nature's laws in regard to their health-producing properties. The cereal products of the earth, when put in a proper shape in regard to their chemical constituents, are the most healthful and inviting foods in the world; but due regard must be had for the nutritive wants of the human system. The very white bread, which is pleasing to the eye and palate, is not an article that supplies the wastes of the body as it should. Some of the very best experts in the medical profession testify to its deficiency. In fact many of them state without hesitancy that it is from twenty-five to forty per cent. deficient in nutriment. On the other hand, the craze for Graham flour has subsided in the great centers of scientific research in the chemical constituents of food; and a flour made of the whole kernel of wheat, except the outer bran, is pronounced by many of the very best authorities as the most perfect in nourishment that can be given to the human family for bread. In hygienic properties and nutritive value it produces the necessary bone, muscle, brain and nerve materials which supply the wastes of the body, and best regulate the action of the liver and kidneys, thus preventing the diseases of these organs and the stomach, which are now so common. Medicine will rarely cure these diseases, but a properly selected diet will. If a person in the ordinary occupations of life needs to build up his body and repair its wastes a pound of nutritious food, he eats along with it a pound of unnutritious food, the stomach and other digestive organs (which together form a channel averaging 25 feet in length), have got to handle, carry and expend force upon useless matter; and there is really a great actual waste of energy and strength. The manufacturer can understand this by overloading his elevators or machines with foul grain, while if the grain is properly cleaned and supplied in proper quantities, he will have no difficulty. So to eat just what the system needs is to save strength, to save expense, to save health and to save money. It has been proved by scores of experiments that the average man, under average circumstances, needs for his daily food something containing about 4 ounces of protien, 2 ounces of oil or fat, and 18 ounces of carboli-hydrates—and he does not want much, if any more, of either of the materials named. If he eats food that contains 4 ounces of protien, and 2 ounces of oil or fat, and 42 ounces of carboli-hydrates, he gets 24 ounces too much of the latter into his stomach, and need not wonder if the conveyors of his system get clogged and the whole machinery out of order. This costs money and produces disease, pain and sometimes a complete break-down and failure. The nerves may be the first to complain. They may groan out like an unlubricated pinion, and neuralgic pains give the warning with no uncertain sound. The teeth may cry out for more bone food to make them solid for the work they have to do. The head may ache because the stomach has been overworked to please the palate. In some way or other people who eat all kinds of food without regard to exercise, climate or other physiological information relating to the conditions of the human system, will find sooner or later some of the machinery in a deranged condition. Sour stomach, distress after eating, belching of wind, capricious appetite, fullness and detention of the stomach, feeling miserable, drowsy, languid and useless, are premonitions of a clog somewhere in the system. These may have been preceded by an inactive state of the liver, a torpid condition of the bowels, or some irregularity which has burdened the conveyors in consequence of the errors in habit—the habit of eating improper food. A proper combination of foods is necessary for the strength, warmth and health required according to climate, active or sedentary professions. There is no denying the fact that too much fat is

injurious. Too much meat is eaten; therefore the great "staff of life" is cereal food, and when this is properly prepared, it contains the most perfect elements for human food that can be furnished, always considering, however, that a sufficient supply of animal material be taken with it in our daily diet. The question, therefore, is in the preparation of this cereal food. The outer bran, which is shown by analysis to be a substance of straw and woody fibre, should not be eaten by a human being. On the other hand, the inner bran, which is rich in nitrogen and phosphates, should be retained in all the cereal food eaten. The very white bread, which is fashionable, must be sacrificed to the "golden brown" loaf, which can be made equally as palatable and far more nourishing. The porridge food, also, which is partly cooked in the process of manufacture, is a greater boon to the early breakfast table than most people give it credit for. The process of partly digesting these cereals, as at present, by some manufacturers, confers a benefit upon dyspeptics and persons of weak digestion that is hard to estimate the value of. Such foods assist in building up a strong muscular development, as well as brain and nervous vitality. This treatment of the cereal productions of the earth, in the light of all the scientific progress of the times, cannot help but be beneficial to the health and vigorous growth of the human body, if used in the earlier stages of life as well as throughout its entire existence. If this subject was more generally studied, there would soon be a revolution that would upset the dental profession, with its extensive manufacturing interests—the patent medicines would remain on the chemist's shelves and their factories close up; and even the medical schools would scarcely turn out their thousands of new medicos every year at the rate they do at present. Health, strength and longevity would be increased, vitality would abound, and the ability to labor with pleasurable success would, when all combined, shed a ray of sunshine around and along life's pathway that would be like paradise compared to the aches, pains and languid misery that are endured by thousands who now find life miserable, because of their ignorance and folly in regard to properly selected diet.

ANNUAL MEETING OF THE CANADIAN MANUFACTURERS' ASSOCIATION.

A LARGE number of gentlemen engaged in industrial enterprise throughout Canada attended the thirteenth annual meeting of the Canadian Manufacturers' Association in this city last month. The proceedings were of a most interesting character, embracing the annual reports of the various officers, and speeches by the retiring President, Mr. Thomas Cowan, of Galt, and his successor, Mr. W. H. Storey, of Acton. These reports and speeches all go to show that the manufacturing interests of the country are in a state of prosperity and satisfactory development—a condition due, in the opinion of the Association, to the present tariff.

The following officers were elected:—President, Mr. W. H. Storey, Acton; 1st Vice-President, Mr. Samuel May, Toronto; 2nd Vice-President, Mr. Bennett Rosamond, Almonte; Treasurer, Mr. George Booth, Toronto; General Secretary, Mr. Frederic Nicholls, Toronto. Representatives to Industrial Exhibition Association: Messrs. George Booth, R. W. Elliott, Daniel Lamb, Samuel May, Frederic Nicholls. Executive Committee: R. W. Elliott, Toronto; E. Gurney, Toronto; James Watson, Hamilton; Wm. Bell, Guelph; Jos. Simpson, Toronto; A. Warnock, Galt; W. Millichamp, Toronto; B. Rosamond, Almonte; Geo. Pattinson, Preston; Daniel Lamb, Toronto; Isaac Waterman, London; C. Shurley, Galt; John Taylor, Toronto; M. B. Perine, Doon; Thomas McDonald, Toronto; S. Greening, Hamilton; Geo. W. Sadler, Montreal; J. R. Barber, Georgetown; John Fensom, Toronto; Robert Mitchell, Montreal; H. N. Baird, Toronto; C. Raymond, Guelph; W. F. Cowan, Oshawa; J. S. Larke, Oshawa; H. Heintzman, Toronto; George Lang, Berlin; D. R. Wilkie, Toronto; P. Freyseng, Toronto; F. Crompton, Toronto; Carl Zeidler, Toronto; C. A. Birge, Hamilton; W. G. A. Hemming, Toronto; W. K. McNaught, Toronto; Chas. Boeckh, Toronto; T. D. Craig, M.P.P., Port Hope; Wm. Chaplin, St. Catharines; H. E. Clarke, M.P.P., Toronto; L. Cote, St. Hyacinthe; W. H. Cross, Barrie; E. J. Davis, King; James McKendry, Peterboro'; P. W. Ellis, Toronto.

The following resolutions were adopted:

"Resolved, That the Canadian Manufacturers' Association are entirely opposed to Commercial Union with the United States, and to any other political proposition that might imperil our existing relations with Great Britain or prejudice the political status of the Dominion or the welfare of Canadian manufacturing industries."

"Resolved, That the Committee on Industrial Arts be

instructed to offer as many as ten of the Association prize medals to successful competitors, the objects to be competed for to be chosen by said Committee."

"Whereas a certain bill now before the Legislative Assembly of Ontario entitled An Act respecting condition sales of chattels, has been brought under the notice of this Association; and whereas certain clauses in said bill are inimical to the interests of a very numerous class at present selling goods on the instalment plan—on which plan a large aggregate of business is transacted yearly; and whereas, the obligation to place in a conspicuous point the particulars of sale, the registration of such sales, and the keeping of a book by the vendor for the inspection of the public are objectionable features of said bill, be it therefore resolved that this Association regard it as against the best interests of the trading community for clauses two, three, and four, to become law."

A vote expressive of thanks and appreciation was tendered to the retiring President for the ability and courtesy manifested by him in the discharge of his official duties.

The Association made a new departure this year by winding up the proceedings with a banquet at the Rossin House, where a very pleasant social time was spent.

MANITOBA vs. DULUTH WHEAT IN THE BRITISH MARKET.

IN reply to an enquiry by the publisher of the *Nor-West Farmer* regarding the relative values of Manitoba and Duluth wheat in the British markets, Mr. D. Bannerman of Glasgow, Scotland, reports as follows: The No. 1 Dakota is of a quality never seen here, so far as I know. It seems quite like Manitoban, and differs much from what is known as No. 1 hard Duluth wheat in this market, and which comes or is supposed to come from Minnesota and Dakota.

First as to Manitoba wheats in this market. Last year everything went smoothly as to quality, for nearly all, though not quite, was straight No. 1 hard. On this year's crop all is uncertainty, owing to the variations in quality. Little or no straight No. 1 hard has come so far, or even No. 2 hard. Most of what has come, and there has been no great quantity at all, has been Northern, whether No. 2 or a mixture of No. 1 and No. 2 it is rather hard to guess. I send forthwith an average sample of what is being received.

Last year most of the wheat, not all, was sold on inspector's certificates; this year there is more disposition to sell by sample or by "fair average quality." Selling on certificate was highly satisfactory; selling otherwise is not likely to be so, but on the contrary, is sure to leave room for endless discussion and dispute. So long as there is an inspection in the Dominion, one knows the article one is handling, and in my opinion it would be wise that transactions should be based on inspection certificates alone. This will be the only safe course for parties on this side, and on yours alike.

Second, as to the relative difference. Of Manitoban wheats of this year's crop it is impossible to speak with certainty of actual experience for the reason just given.

Of course No. 1 is most valuable, and there is a difference of at least 6d. to 7d. a quarter between it and No. 1 Northern, by and by when trials have been made, probably increase from 9d. to 1s. I should fancy that No. 2 hard would be as valuable for our millers as No. 1 Northern, perhaps more so.

The relative value of Duluth and Manitoba wheat is with us quite an important question. Last year's No. 1 Duluth was better than this year's, and was sold generally 6d. a quarter under the price of No. 1 hard Manitoban. This year it is not yet certain what the difference may be. Eventually I think the preference will be in favor of No. 2 hard or No. 1 Northern Manitoban, as against the new No. 1 hard Duluth. However, of this I am not quite certain. Some millers don't like the Manitoban so well as the other, believing Manitoban to be less dry and not so strong.

Just as things look at present I expect to see Manitoban wheat take a prominent position in this market during the coming spring and summer.

If there is any further information I will gladly give it.

Advise your people, who look to this side for customers, to sell by grade rather than any other way. If the grade is too high that can be remedied; I believe some lowering of it has already taken place."

American shippers accuse the Dominion Government of discriminating against Oswego and other American ports, with the object of inducing the exportation of grain via the St. Lawrence River and Montreal. The American Government is asked to retaliate by refusing permission to Canadian vessels to navigate the St. Lawrence and St. Marie Canal unless they are willing to pay toll.