

seeing the efficient manner in which this feat is accomplished." The rev. gentleman has not allowed his energies to flag with his first success, feeling convinced that much unnecessary expense and waste are incurred by bad cooking. He has received support which has enabled him to form a Public Restaurant Company, and to practically demonstrate that a really excellent dinner can be provided for sixpence. It consists of two substantial slices of baked beef or mutton, accompanied by boiled potatoes, carrots and bread; this is followed by a second course of a thick slice of raisin-pudding with sauce, all served in a cleanly and appetising manner.

In Birmingham there is a penny dinner organization. As shown by the report of the committee's work for 1884, 33,860 dinners were provided for 30,840 pence, including all the expenses; or for 17,940 pence, reckoning only the cost of the food—but little more than one half-penny each. Two courses are given—stew or bread and milk, or bacon sandwiches, and bread and jam.

In London there is an organization for furnishing poor children with a dinner for a penny, and from a recent published report it seems to have proved a successful experiment, in a pecuniary as well as philanthropic sense. Another society has undertaken to furnish dinners to poor children in the poorest and most populous part of London for half a penny. The children who take their meals at the penny establishment, it is said, show a marked improvement in health, are more regular in attendance at school, and accomplish better work in their studies than when they commenced their new regimen. The bulk of the ingredients is vegetables and bread, potatoes and

peas holding a prominent place. Fresh meat and milk are used in moderate quantity.

It is calculated that each child receives about twelve or fifteen ounces of soup or other kind of nutriment each meal, and this quantity contains from one to one and a half ounces of meat. The children enjoy their dinners, and appreciate the kind attention they receive. Of the half-penny dinner, the first course consists of a rich stew or bacon sandwiches, the second of bread and jam or bread and cheese. That the children find the dinner ample to satisfy their hunger is shown by their continued attendance and the little waste made. It is estimated that, with the cook's wages, cost of gas and implements excepted, there is no loss, and that they can be made self-supporting.

A Mr. T. R. Allinson, who is seemingly a physician, wrote some time ago to the *London Times* his personal experience in a simple, inexpensive diet, as follows: A little over a month ago I determined to give up all expensive articles of food and live almost as cheaply as possible. Having left off flesh foods for nearly two years, and lecturing frequently on the question of food, I knew what to select. Looking over my food accounts I found milk, butter, eggs and cheese, with tea and coffee, were fairly expensive articles, and none of them necessary, so I gave them up for a time to see results. On October 19 I began my experiment; my weight was then 9 stone 8 ounces. I continued this purely vegetarian diet for a month, when my weight was 9 stone 3 pounds 12 ounces, or a gain of $3\frac{1}{4}$ pounds. My friends said I looked well; I felt well, and did my usual work the same as ever. I walked from 10 to 15 miles daily, seeing patients or