

bulky residue left in the intestines to excite them to expel the undesirable matters, which accumulate after nutrients have been absorbed in the process of digestion. Oatmeal, green vegetables, whole-meal bread, fruits, etc., are prescribed for this trouble, because they leave a relatively large amount of this desirable "ballast," which, as it is pushed along by the worm-like movements of the intestine, carries with it matters, minute perhaps in bulk, but highly injurious to the health, if allowed to remain in the bowels, through the delicate lining of which they are liable to be absorbed into the blood; hence

"BILIOUS ATTACKS," SKIN-ERUPTIONS, LEADEN-HUED SKIN,

and other indications to the trained eye of self-poisoning, technically called "auto-intoxication." But again a caution is necessary. Valuable to health as is this bulkiness of vegetable foods, it becomes a disadvantage if these be taken to excess; for then the nutrient substances, always more difficult of digestion and absorption when eaten in vegetable form, may be so rushed along, owing to the stimulating effect of this class of "ballast" upon the intestine, that there is not time for the process of absorption to be completely performed, and the eater suffers from insufficient nutrition.

MAN IS DESIGNED TO EAT A MIXED DIET,

and in temperate climates he is at his best when he eats about one part of animal food to four or five parts of vegetable.

Attention must now be directed to Fig. (3), for it emphasizes several of the facts which bear most materially upon

THE SUBJECT OF APPROPRIATE FOOD.

The series of figures, from 0 to 80, which run along the top and bottom of this diagram, represent the years of age from birth onwards; while the Roman numerals at each side refer to the amount of food (in ounces) which is required by the healthy human being during these years.

The lowest curve of the three represents the quantity of fat which should be included in the daily diet, the middle curve demonstrates the quantity of protein necessary, and the upper curve indicates the proportion of carbohydrate, shown by experience, to be desirable at the different age periods.

It will be seen that at birth the three classes of foodstuffs are called for in equal amount, hence milk—see Milk in Fig. (2)—is the sole and appropriate form of food for the infant. But each year a greater divergence occurs in the three curves. More protein is wanted than fat, and, as muscular activity increases, the demand for carbohydrates increases out of all proportion to the increase of the other two nutrients, which maintain a fairly close relationship throughout life.

NOTICE THE ALMOST ABRUPT UPWARD COURSE

of each curve until the year 24 is reached, the age when growth is practically complete. Then, with one consent, each curve begins to decline; though, be it observed, not in the same proportion, and in a very gradual, long-drawn-out fashion.

What does all this signify? How does it concern the housewife? Is it not rather a matter for the medical man or the scientific worker than for us, every-day sort of folk?

These questions shall receive replies in the same order as that in which they have been put. The lesson taught by this diagram is the significance