

of fare for the different dining-rooms every week. These bills were not displayed until the day they were due. Until Tuesday at noon, for instance, no one knew what was for Tuesday's dinner, except the steward and the cooks. The adoption of this plan did away with much of the accustomed grumbling about food.

Individual preferences cannot be consulted in the bill of fare for an institution, as they can be, and are, for a first-class hotel. Practically everybody must eat some of all that is put upon the table at every meal. Now, certain dishes which are very good and nutritious, and may be relished by the majority, will displease some individual. Yet that individual must eat what is provided, or go hungry. Hence, he eats without a relish and loses the great benefit of enjoyment of food as an aid to its digestion. When such a person knows that the dish he dislikes will be served at a certain meal on a certain day, he not only resents the fact at the time of the meal and for a few hours afterwards, but possibly looks forward to it with resentment for a half-day or so beforehand. When, on the other hand, no one except the steward and cooks knows what is to be served until he comes to the table, the grouch lasts for a shorter time, with less injury to his digestion.

The student of dietetics knows that food must be varied in composition, and a due proportion of proteids, phosphates and carbohydrates must be preserved. When we are feeding cattle it is very easy to compose a *balanced ration*, and make sure that the cows have just the food elements they need, whether for milk production or for fattening. The balanced ration for human beings is just as important, but it is much more difficult to compose satisfactorily, because it is much more difficult to induce people to eat the right proportion of the different foods set before them. The articles of food which are richest in proteids are among the most costly; beef, for proteid content and popularity, being the easiest to use. Beans, still richer in protein than meat, are usually acceptable,