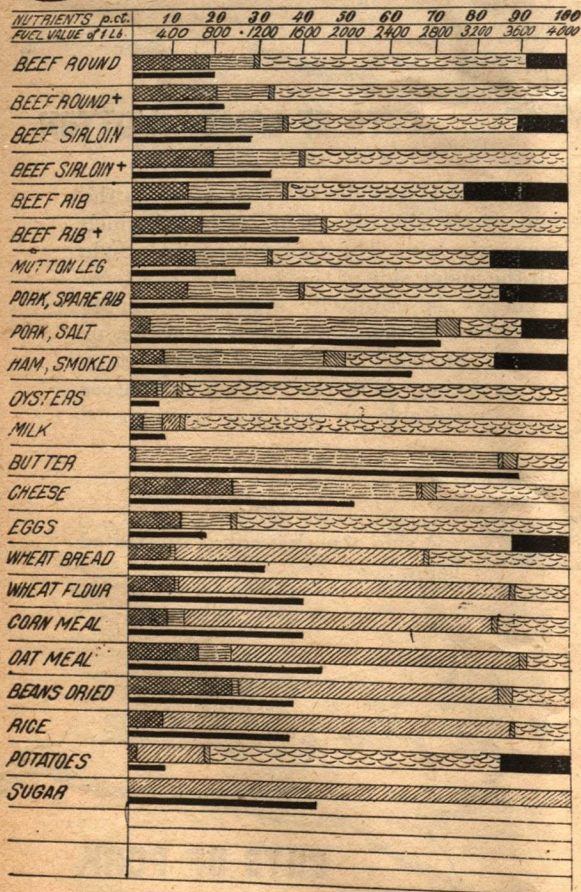


As stated above the cuts indicated herewith may not be followed with anything like uniformity, but from samples taken as here illustrated the analyses show the following composition of several meats as compared with various other foods, all of which have been for purposes of comparison represented in the accompanying chart:

COMPOSITION OF FOOD MATERIALS



NUTRIENTS
 PROTEIN. CARBO. HYDRATES. FATS. MINERALS.
NON NUTRIENTS
 WATER. REFUSE.
FUEL VALUE
 CALORIES.

PROTEIN COMPOUNDS, e.g. LEAN OF MEAT, WHITE OF EGG, CASEIN (CURD) OF MILK, GLUTEN OF WHEAT, MAKE MUSCLE, BLOOD, BONE etc.
 FATS, e.g. FAT OF MEAT, BUTTER, OIL } SERVES AS FUEL TO YIELD HEAT AND MUSCULAR POWER
 CARBOHYDRATES, e.g. STARCH & SUGAR }

Patients suffering from tuberculosis who wish to derive the maximum amount of benefit from the meat consumed should confine themselves largely to:

Beefsteak, rare roast beef, scraped beef sandwiches, scraped meat balls, lamb, nut-

ton (roasted or boiled), chops, chicken, turkey and fat bacon, and as a suggestion the following menu might be prescribed:

SUNDAY.

Breakfast—Oatmeal, beefsteak, griddle cakes, warmed potatoes, bread and butter, milk.

Dinner—Tomato soup, roast chicken, mashed potatoes, ice cream, bread, milk.

Supper—Cold roast beef, French fried potatoes, lettuce, apple sauce, cocoanut cake, bread, milk.

MONDAY.

Breakfast—Wheat breakfast food, bacon, baked beans, bread, rolls, milk.

Dinner—Vegetable soup, roast veal, browned potatoes, stewed peas, boiled rice, lemon-jelly, bread, milk.

Supper—Cold ham, baked potatoes, stewed prunes, bread, milk.

TUESDAY.

Breakfast—Oatmeal, beefsteak, fried onions, baked potatoes, bread, milk.

Dinner—Vegetable soup, baked shoulder, boiled cabbage, boiled potatoes, rice pudding, bread, crackers, milk.

Supper—Omelet, lettuce, peaches, bread, milk, cocoa.

WEDNESDAY.

Breakfast—Oatmeal, boiled eggs, muffins, marmalade, biscuit, milk.

Dinner—Beef stew, boiled lima beans, mashed potatoes, lemon pie, bread, milk.

Supper—Cold roast beef, baked potatoes, rhubarb sauce, toast, bread, milk, coffee.

THURSDAY.

Breakfast—Oatmeal, sausage, warmed potatoes, corn bread, milk.

Dinner—Soup, beefsteak, mashed potatoes, creamed onions, bread pudding, bread, milk.

Supper—Cold roast beef, lettuce, apple sauce, baked beans, rolls, bread, milk, cocoa.

FRIDAY.

Breakfast—Oatmeal, French fried potatoes, fresh herring, biscuit, milk.

Dinner—Clam soup, broiled shad, mashed potatoes, roast beef, boiled rice, crackers, bread, milk.

Supper—Poached eggs, baked potatoes, stewed prunes, bread, milk.

SATURDAY.

Breakfast—Oatmeal, veal cutlets, potatoes, biscuits, bread, milk.

Dinner—Bean soup, roast beef, browned potatoes, cottage pudding, bread, crackers, milk.

Supper—Hamburg steak, lettuce, biscuit, bread, fruit, milk.

The following table taken from Bulletin, No. 150, published by the United States Department of Agriculture, shows the calculated amounts of nutrients and energy per man per day in the food eaten and digested in such a dietary as the above, and from this it will be seen that the amount of food