

The laborer's dish of broad beans and bacon is strictly correct from the physiological standpoint. Beans with butter; lentils stewed with butter, and served with rice; peas eaten with duck or roast meats, are all in right order.

Of the fats, butter is the best and most easily digested, with the exception of cod-liver oil, which stands first in that respect, but which it is hardly possible to contemplate as an ordinary article of diet.

The starchy foods act as a reserve in the system, being stored up in the form of grape-sugar. Sugar and starch are about equal in nutritive value. Neither they nor the fats excite the same changes in the system that are brought about by the oxidation of the proteids. If eaten in excess of the needs of the body, they are stored up, and lead eventually to corpulence. The deprivation of starchy foods is better borne than that of fats, because these aid in the digestion of other foods. From the above facts it may be seen how desirable is a mixed diet. An excess of proteids, especially if taken in the form of meat, leads to excessive oxidation and consequent tissue waste, while on the other hand an excess of fats and starches (the latter always being taken as equal to sugar, since all starch is converted into sugar by the saliva and pancreatic juices), leads to undue fattening of the liver and tissues. The green vegetables are useful for the salts they contain, and for the cellulose which acts as a stimulant to the alimentary canal. Potatoes are nearly all starch and water (26 per cent. solid, of which 20 are starch). They are useful as blood purifiers, and to their common use is due probably the present

immunity from scurvy. Eaten with butter and milk, they are far more useful than fried or baked.

Fruits are valuable for the same reasons as vegetables—for their cellulose, sugar, and vegetable salts. No diet is complete without a good measure of seasonable fruits and vegetables.

We come now to the question of the preparation of food, and it is to the culinary art that we owe much of the unhappiness caused by bad digestion. The aims of cooking are fourfold:

1. To soften and disintegrate food.
2. To produce certain chemical changes, as the formation of gelatine from tendons, etc.
3. To destroy any parasites present in the food.
4. To make pleasant to the eye and palate.

It cannot be too strongly impressed upon all who cater for others that the simpler the food and its preparation, the better in every way it is for the constitution. Much time is wasted, and many lives made unlovely and sordid by the too common practice of making good foodstuffs into indigestible preparations. Rich, tasty dishes often involve much wearing labor on the part, both of the cook who makes them, and the unhappy stomach that has to deal with them afterwards. Among the foods which come under this category first and foremost is pastry. The manufacture of this indigestible article might well be stopped altogether, for it is material and labor lost. Meat is better eaten in any other form than the pie or pasty, often compounded of dubious morsels; and fruit may be prepared and eaten in many ways more diges-