

opposing crews from St. Paul, Duluth, Fort William and Kenora. The wind-up was a brilliant ball at the Royal Alexandra, with Barrowclough's orchestra furnishing the music, and with Stars and Stripes and Union Jack among the decorations, by way of compliment to the visiting friends.

Royalty Visits Prince Edward Island.

THOUGH little in size among the provinces of the Dominion, Prince Edward Island is big in distinction among the same, just now, by reason of the visit of the Duke and Duchess of Connaught and Princess Patricia. The royal party

the proteid constituents of milk, and certain vegetables (peas, beans, lentils), for building, repair and energy.

"Now, the fact that Pythagoras and Rousseau were vegetarians is interesting; but it does not add anything to our exact knowledge of foodstuffs. A little study of the chemical needs of the body, and the chemical constituents of foodstuffs, shows the folly of drawing a sharp line between animal and vegetable foods. The points to be decided in selecting a diet are:

"(1) Digestibility. (2) Availability for energy, growth, or repair. (3) Cost. It is important to know not whether

ough tasting, and avoid foods that are displeasing.

"(4) Do not form the habit of prolonged, timorous nibbling and excessive chewing of small quantities of food. Atony or debility of the digestive organs and lowered nutrition may result from such practice.

"(5) Pay some attention to the 'balance' of a meal. Milk, eggs, and meat at the same meal give an enormous excess of proteid. Bouillon, lettuce, and fresh fruit are woefully lacking proteid. The addition of a sandwich or custard supplies this lack. An excess of salt or sugar should be avoided. Sugar is a valuable fuel food; but taxes the digestive powers, especially when concentrated, as in candy, and is apt to cloy the appetite. It should be well diluted.

"(6) By proper methods of eating, insalivation, etc., the amount of food taken will usually be limited to the body needs. The principle of less work, less food, however, should be remembered.

"(7) Water should be taken freely before meals and moderately during meals. There is no need to carry the 'flushing out' process to an extreme. People with heart disease or dropsy may be injured by excessive water drinking, and the average man positively needs no more than two quarts of water a day.

"(8) Remember that the value of food in calories is no measure of its digestibility. Nuts and baked beans have a high food value chemically; but many people cannot digest them, in which case their poison value is higher than their food value.

"(9) The safest rule is: Mind and body being rested, a well balanced mixed diet, moderate in quantity, varied according to the work done, thoroughly tasted and cheerfully eaten.

"Let some other fellow do the experimenting, if he will, with an atavistic cuisine appropriate to our arboreal ancestors. The slogan for health and efficiency is not 'Back to nature!' but 'Vorwärts!' to adjustment with modern conditions.

While Summer Reigns



Gathering Snow-white Water Lilies on Ashbridge's Bay, Toronto.

were the guests of Sir Louis and Lady Davies, the latter being a serene and admirable hostess. Part of the entertainment was a trip up the West River, a courtesy the Provincial Government extended.

Eating For Efficiency.

EUGENE LYMAN FISK, M.D., Fellow of New York Academy of Medicine, has an article bearing the above pertinent title in the Sunday Magazine Section of the New York Tribune. To women, on whom, very largely, the health of families depends, the facts and rules he presents hold particular interest. He writes:

"After carefully surveying the entire hard-fought field of dietetics, strewn with bloody meats, juicy fruits, succulent vegetables, tasty nuts, grains, and all the varied material for chef and trencherman, the writer feels justified in stating positively, dogmatically, and even militantly, that man cannot live without food.

"This scrap of gnomie wisdom may irritate some people, who resent an aggressive presentation of the obvious and axiomatic; but there seems to be doubt in some quarters as to the axiomatic nature of the proposition that man must eat to live.

"In addition to the various 'arians' with which we are familiar—fruit, grain, nut, veget, etc.—we now have the 'aerarians,' who think they subsist by drinking in the circumambient atmosphere, with maybe a little water as a 'chaser.'

"The man who fasts is really an auto-phagous cannibal, living on his own flesh. The fact that it does not pass through his digestive apparatus is a mere detail, softening down the gruesomeness of the operation.

"The law of the conservation of energy is a fearful nuisance to faddists; but it still holds. Whatever a man's soul may be, his body is part of the material universe, and is composed of elements found not only in other animals, but in the trees and rocks, and in the very ground under our feet. Twelve of these elements—carbon, hydrogen, oxygen, phosphorus, sulphur, sodium, calcium, potassium, chlorine, magnesium, and iron, in various combinations of atoms, molecules, and compounds—make up the human body."

But fuel must be supplied or the engine will not work—and foods, the fuel of the body, may be grouped as follows:

"Inorganic. Water and salts; for chemical processes and building (bone).

"Organic. (a) Carbonaceous,—sugars, starches (cereals, vegetables), and fats, for energy and 'padding.' (b) Proteid or nitrogenous,—lean meat, eggs, and

our food is animal or vegetable, but how much proteid, fats, starch, salts, etc., we were getting in digestible and assimilable form.

"Thin people lost heat rapidly, owing to the large surface exposed in proportion to the bodily weight, and require sufficient quantities of carbonaceous foods, such as cereals and vegetables, especially if much muscular work is done. On the contrary, fat people, who do not lost heat readily, and are overburdened with the products of carbonaceous feeding, should limit these foodstuffs in their diet. Proteid foods may also be utilized for heat production and energy; but not so readily as the carbonaceous foods.

"The Fletcher system of eating is one that emphasizes chewing and 'tasting,' and is highly successful when followed in moderation. By endeavouring to extract the last atom of flavour from our food, we necessarily chew and insalivate it thoroughly, until it passes into the stomach a welcome guest. In this way the craving for food is satisfied by a smaller quantity. A man of high intelligence and earnest purpose may eat 'instinctively,' and derive much benefit; but the suggestion to eat 'any old thing' at 'any old time,' so long as one wants it and it tastes good, may lead to irregular habits and serious dietetic errors on the part of the careless and undiscriminating.

"The pleasant anticipation of a meal has been found to have a distinct value in preparing the alimentary canal for food. The nerve centres presiding over such functions form habits, and as meal-time rolls round these centres are apt to become lively, and there is a general preparation in the body, as there is in the kitchen. To ignore this automatism is just as irrational as to load the stomach with needless food. A certain regularity and periodicity in eating is, therefore, rational and physiological. If less work is performed, less food may be taken; but there is no need to wait until the body cries out for relief. As a matter of fact, most people do a certain average amount of work between meals, and it is only exceptional individuals who so vary their work that their food requirements become irregular.

"A few plain rules are herewith given, which ought to govern the average person's eating.

"Eat always under the pleasantest possible circumstances, when the mind and body have had at least a brief rest.

"(2) Chew all starchy foods—cereals, bread, pastry, potatoes, and other vegetables—thoroughly by the 'tasting' method.

"(3) Within certain limitations, eat such foods as please the palate on thor-

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