

<i>Foodstuff.</i>	<i>Proteid.</i>	<i>Fat.</i>	<i>Carbohydrates.</i>
Corn	10	4.6	71
Wheat	12	1.7	70
White of Eggs	13	0.3	..
Yolk of Eggs	16	32.0	..
Fat Pork	15	37	..
Fat Beef	17	26	..
Fish (pike)	18	0.5	..
Lean Beef	21	1.5	..
Peas	23.0	1.8	58

SELECTION OF FOOD.

While our food must vary with the kind of work we do, and with the climate and season of the year, the great thing to remember is that we must have a certain amount of the there *real* foods—curds, fat, starch or its first cousin, sugar. And this brings up the question of how we should select our food, and whether we should live on a purely vegetable diet, or on a mixture of animal and vegetable food.

You know, some people believe that it is not necessary for us to eat any meat at all. People who hold this belief call themselves vegetarians, and a few of them think it quite wrong for human beings to put any animal to death and use its flesh for food. They say we can live perfectly well without eating any meat, and some of them claim they feel better, and work better, and are better in every way, because they eat no meat.

Now, the best way in which to settle a disputed question like this is to get at the facts. Fortunately, you can get at some very important facts which will help you. You can think these over, and when you have done so, you will form some opinion of your own, which will be far better than that another person should form an opinion for you. First, look at the picture of a cat's jaws, and notice its teeth. Then look at the picture of a cow's jaw and notice its teeth. You know that the cat, lion and tiger are flesh-eating animals, and they all have teeth which are pretty much alike. On the other hand, the cow, horse and sheep are vegetarians, and they all have teeth which are pretty much alike. Notice that all the large and important teeth in the cat are pointed. They are so, because the cat jumps upon its prey, such as mice, rats, or birds, and seizes them with its sharp-pointed teeth. The cutting teeth or incisors, at the very front of the cat's jaw, are very small, and are scarcely of any use. The great use of the other teeth in a cat are to pierce the flesh of its prey and kill it quickly.

Now look at a cow's teeth. The front ones are like a chisel and are used for biting off the grass close to the ground. But the back teeth are large and flat on top and not sharp-pointed at all, as in the cat. These are used in grinding the grass or grain into small pieces before swallowing it.