

of necessity re-act on ourselves, for it is just as necessary that they should be ripe and mature, as anything else we consume. I will endeavor to show this by asking two questions, which will be the key-note of this article.

11. First—Would bread from immature or frozen wheat, or any other immature food from inanimate nature consumed by us, keep up our system as vigorous and healthy as if it were properly ripened and matured ?

12. Secondly—Would veal, lamb, or other young animal food be as nourishing, in every way, as good beef, mutton, pork, or any other food ripened and matured ?

13. In answer to the above questions, it cannot but be admitted I think, by all, that all kinds of food, whether belonging to the cereal, vegetable, or animal kingdom, should be ripe and matured before being eaten.

14. Now, if this eating of immature food applied only to ourselves, it would probably not affect us so very much, provided we are already healthy ; but it extends much further ; it is a law of nature, that the food we eat, assimilates with our bodies, and from it springs the germ of life ; and is it not reasonable to conclude that the more nourishing and health-giving the food we consume, the more healthy and vigorous will be the off-spring evolved from us ? And may we not safely affirm that the more matured the food we eat, the stronger, healthier, more vigorous and long-lived will be the off-spring evolved from us ; we cannot make good flour from immature wheat, or