

### ECONOMIC FOOD.

Flesh foods in no way represent economy, and as regards their nutrient value the average would be 28 per cent., or as it was recently put by an eminent professor of chemistry, "A man buying four pounds of beef would pay for three pounds of water," and let me assure you this is dirty water at that, made up of blood, excreted matter and impurities generally. Fish are lower still in nutrient material, and so are oysters, which are scavengers of the sea and the lowest form of food in the fish kingdom, as is the hog in the animal kingdom. . . . Dates baked in the oven and allowed to cool present a lusciousness beyond description and exceedingly attractive for children and those of an older growth. . . . Those who are engaged in assisting the poor would consider it a terrible piece of extravagance to send to their homes either a box of raisins, prunes, figs or dates, and yet these are, strictly speaking, an economical food, whose use makes for pure blood and morality. A tub of butter, 60 pounds at 20 cents, costing \$12, would supply a family with 100 pounds rolled oats, 100 pounds whole wheat meal, one box raisins, one box dates, a mat of figs and a box of prunes, then leave a margin for a supply of milk equal to the supply of a family of six for many weeks.—D. B. A. McBean in The Saturday Times.

### GOD SENDS THE LITTLE BABIES.

They say "God sends the little babies." Of all the lastardly revolting lies men tell to suit themselves, I hate that most. I suppose my father said so when he knew he was dying of consumption, and my mother when she knew she had nothing to support me on, and they created me to be fed from strange hands. Men do not say God sends the books, or the newspaper articles, or the machines they make, and then sigh and shrug their shoulders and say they can't help it. Why do they say so about other things? Liars! "God sends the little babies!" the small children say so earnestly. They touch the little stranger reverently who has just come from God's far country, and they peep about the room to see if not one white feather had dropped from the wing of the angel that brought him. On their lips the phrase means much; on all others it is a deliberate lie. Noticeable, too, when people are

married, though they should have sixty children, they throw the whole onus on God. When they are not, we hear nothing about God's having sent them. When there has been no legal contract between the parents, who sends the little children then? The devil, perhaps! Odd that some should come from hell and some from heaven, and yet all look so much alike when they get here.—Olive Schreiner, "The Story of an African Farm."

A man's own natural duty, even though stained with faults, ought not to be abandoned. For all human acts are involved in faults, as the fire is wrapped in smoke.—Bhagavad Gita xviii.

In the course of 1894 there were 9,800 murders committed in the Christian United States. In retaliation 190 people were lynched and 132 legally executed. In Buddhist Tibet murder is unknown.

SUPPOSE one were placed in a position where he had to choose between two comrades, both of whom had won title and honor and esteem, and one had to say, either that one had turned deep-dyed rascal, deceiver and impostor, or that the other had made a mistake; which would it be?

—A. B. C., in Pacific Theosophist.

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