

DIET AND DYSPEPSIA.

With a few words about the meat ration in public institutions.

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(Contributed by Special Request.)

When I was in charge of a large institution, a friend of mine who had been visiting several hospitals for the insane said to me one day, "How is it that so many of the employees of large institutions are dyspeptic?" My answer was, "Chiefly because of the dire monotony of institution dietaries, and the indifferent looking and serving of a great deal of very good food."

I think everybody who has attempted to compile dietary tables, either for inmates or employees of institutions, has been confronted with the difficulties alluded to. Of course the variety of food is inevitably somewhat limited, but as a matter of fact the limits are not nearly so rigid as it is sometimes made to appear. In our favoured clime, and with an institution having a large garden and farm, we ought to have a very satisfactory range of food products; while methods of cooking, if properly studied, can give us a great variety of dishes, even if the variety of foodstuffs is limited. What is necessary is earnest, interested thought on the part of *someone outside of the kitchen*, who will prepare a new bill of fare once a week, instead of allowing a bill, which is excellent for one week, to be repeated week after week, sometimes for a whole year.

At the Toledo Hospital for Insane, in Ohio, when Dr. Tobey was the Superintendent, his wife, Mrs. Tobey (who was not on the payroll), used to prepare new bills