

more than once a day, and if fish, eggs, cheese, and milk form a good part of the diet, the above objection to vegetarianism almost disappears.

On the ground of humanity there is everything to be conceded to vegetarianism. It is quite possible, and in the case of the butchers who cater for the Jewish communities it is made evident, that animals can be killed mercifully, and in such a way that their flesh is wholesome. But it is not greatly to the credit of our civilization that our markets too often contain large quantities of diseased meat, due to over-driving, exhaustion of the animals before killing, bad feeding, and hurried and often cruel methods of slaughter. Meat is often unwholesome from the presence of parasites, and especially is this true of pork. The pig is the most delicate of the animals whose flesh we eat, and the most subject to parasitic diseases. As a nation the Jews, who are forbidden to eat pork, are freer from cancer than any other. Without pressing this point beyond the actual statement, may it not be conceded that the command of that first and greatest of sanitary reformers, Moses, was a wise and scientific one, apart from its religious aspect.

Eggs contain much nutritious material; the albumen (white) is nitrogenous, and the yoke contains oil and phosphoric acid. Eaten raw, or lightly boiled or poached eggs are a safe and nourishing food, and very easy of digestion. Milk is a perfect food, containing casein or proteid, fat, sugar, salts, and water. Half a pint of good milk equals two good-sized eggs, or three and a half ounces of beef in nutritious properties. The great danger with milk is the facility it has for

becoming contaminated. Milk takes infectious germs quicker than water, or any other liquid. It is wise, therefore, to scald it, and in any case it should always be kept covered, and in a cool place. Buttermilk, which has been deprived of its fat in the shape of cream, is an excellent drink for delicate people. It has the proteid principle minus the fat, which is sometimes found indigestible. People who find milk "heavy," or liable to produce irritation of the skin through overheating of the blood, should drink buttermilk. Cream is the fat of milk, and cheese is a highly concentrated food, containing proteids, fats, and salts. It cannot be eaten in large quantities, and cooked is very indigestible, but taken according to the ability of the individual to digest it, proves a nourishing and staying food, and probably helps the digestion of other foods. In the cereals and legumens we have again the essential proteids. The most common and useful cereal, of course, is wheat. Bread made from good seconds flour is as nutritious as white, and brown bread possesses this advantage over white, that the bran is rich in fat and phosphates, and that owing to the slight mechanical irritation caused by its passage through the alimentary canal, it is more easily digested. Oatmeal is deservedly popular, being highly nutritious, and containing sufficient fat to make it a force as well as a tissue producer. Rice is the least nourishing of the cereals, its chief food value being in the starch it contains. The legumens contain more nitrogen and less starch than the cereals. They are, however, less easy of digestion. They should be well cooked, and eaten with rice and oily substances.