

SCIENTIFIC FOOD.—The "scientific food" theory has had a set back, having been "weighed in the balance and found wanting," says the *New York Tribune*. A detachment of fifty men of the United States army were sent out for a three days' march with "scientific rations" in their haversacks—little tablets of highly concentrated essences of coffee and bread—which, it was imagined, would be as serviceable as the bulkier drink and food in their usual form. At the end of the first day forty men were doubled up with cramps—their digestive organs could not assimilate the concentrated food, or were not satisfied with it, so the experiment was a failure. Man cannot exist on a chemical diet, for the plain reason that he is a man and has physical requirements and functions which demand food in other forms. Much may, of course, be done by science to improve food supply, to render it more wholesome, more effi-

cient, perhaps more convenient and portable, but beyond such limits it can scarcely go. Bread is the "staff of life," and with meat, fruit, vegetables and other adjuncts, is apparently destined to remain so to the end of time.

THE GRAPE CURE.—According to Dr. I. C. Rosse, in the *Maryland Medical Journal*, the first physiological effect of grapes is the promotion of the secretions and excretions, without irritation of the intestinal canal, when the grapes selected are proper for the treatment and there is no contra-indication. Grapes are of great value in cases of irregular digestion. They also have an aphrodisiacal effect when taken in large quantities. The time of year at which the grape cure is most practicable at the Uval stations in Germany and Switzerland is from the middle of August to the last of October. The grapes

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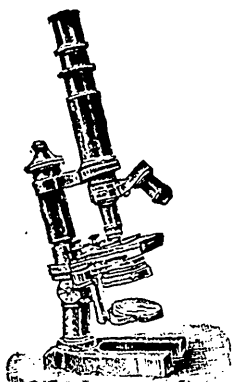
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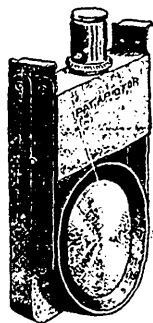
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