

ration: Biscuit,  $3\frac{1}{2}$  ounces, or bread, 5 ounces; tea,  $\frac{1}{2}$  drachm; sugar, 4 drachms. Water was supplied by two water ships distilling daily about three hundred tons of water, as well as by water transports. Every one was required to take a bath and to put on a change of clothing before going into action, and General Suzuki attributed to this fact the comparative freedom from sepsis of the Japanese in the war.—*St. Louis Medical Review*.

#### Fruits and Nuts as Food.

The Department of Agriculture has for several years been conducting a series of experiments to determine the dietetic value of different foods. In the majority of the dietetic studies, and all but one of digestion experiments, fruits and nuts constituted all or almost all of the diet. The results show that both fruit and nuts should be looked upon as foods rather than accessories to diet. The articles studied include tomatoes, apples, bananas, cantaloupes, grapes, verdal, cornichon, Tokay, muscat, scarlet haws, pears, pomegranates, persimmons, oranges, strawberries, watermelons, figs, almonds, and peanut butter. The only animal foods allowed were cottage cheese and eggs, and these were given in limited quantities. The cost of such a diet varied from fifteen to eighteen cents a day. Comparative experiments were carried along in which animal foods were employed under the usual conditions of living, and in these the daily cost ran from 26 to 30 cents. It was found that the food eaten supplied about 60 per cent. of the protein usually secured by the average meat diet, while health and strength continued the same, if not improved, and in two or three cases there was a slight gain in weight and flesh.

The main object of this series of experiments was to furnish data on the value of nuts as food. Fruits contain little protein, and nuts are relied on in this plan of eating to balance the ration. Fruits are rich in carbohydrates, and nuts contain fat. A pound of peanuts, which costs seven cents, furnishes 1,000 calories of energy at a cost of three and one-half cents. The average price per pound of the protein of nuts ranges higher than the corresponding average of meats, but the cost per pound of peanut protein is lower than for meats, eggs, milk, dairy products, and prepared cereals. Although peanuts supply protein and energy for a smaller sum than bread, they are outranked by dried beans, which at five cents a pound will supply for ten cents over 200 grammes of protein and 3,040 calories of energy.—*Scientific American*.