

avalanche. Not éven an earthquake or tornado works more sudden and resistless destruction. For months the snows have been falling from the clouds born of the warm Pacific, till broad fields often a hundred or more feet thick rest uneasily on their steep beds. At length, shuddering, they lose their hold, and with wide-swelling rush and roar of accompanying winds and upwhirled snow-clouds dash down—down, through forest and over precipices, headlong into the valley! When the thunderous roar has echoed itself out among the valleys and cañons, and the whirls of snow dust have fallen, a wide swarth has been mowed down the mountain side, and what was forest of a thousand years' growth lies heaped and buried under the snow. Fortunate it is if no prospector's cabin in the lonely gulch has been swept with its owner into the sudden ruin!

THE SCIENCE OF EATING.

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WE must "eat to live" if we would "live to eat." The rich epicure, in his living to eat, loses sight of the former fact; while the great majority of mankind, in their struggle to obtain sufficient to eat to live, are still more regardless of the second. A just and scientific consideration of the relationship of the two facts, eating and living, and an appreciation of their intimate dependence, the one upon the other will give us more satisfaction and enjoyment in our eating and, consequently, in our living.

Right eating and right living go hand in hand. By "right living" we do not include all the higher mental and moral possibilities of life that can be read into the expression, but we rather restrict it to the lower, though important, living of man as an animal. And yet we must not restrict it too rigorously; a careful thinking over the subject may allow us to include here much of the living frequently termed "moral." Heaviness of heart and depression of spirit may not always be dis-