

elementary facts, and may have a clear idea that the ordinary diet for a pregnant woman should consist of $4\frac{1}{2}$ ounces of nitrogenous foods, 3 ounces of fatty foods, 14 ounces of sweet and starchy foods, 2 quarts of liquid food, including water, per day, yet we may not be able to draw up a practical dietary representing such foods in their proper proportions. In order to do this we should also have a knowledge of the elementary analysis of our common food stuffs.

I am now speaking to a class of intelligent students who expect to graduate in a few weeks. How many of you can tell me what percentage of albuminates or proteids you will find in a pound of fat pork or lean beef? What percentage of starch in a pound of bread? What percentage of fat in a pint of cream? If you cannot furnish me this information with reference to our most simple and common foods I might be excused for asking you what use you are going to make of your knowledge as to the required daily amounts of the nitrogenous, the sweet and starchy, the fatty and the liquid foods for a healthy adult. If, however, you bear in mind the fact that only a small proportion of proteids is required in a mixed diet, and if you go a little further and remember that only four or five ounces of butchers' meat per day is sufficient to renew the ordinary waste of muscular tissue; also that twenty to thirty ounces of butter, bread, potatoes, sugar, etc., will be sufficient for the various operations of the economy, as represented by heat and force, you are not likely to go far wrong. With such knowledge you are not likely to forget that a pregnant woman, especially one who has toxemia, should not eat bacon and eggs for breakfast; milk, cheese and cold ham for luncheon; and roast mutton, game and sweet domestic wine for dinner. You could easily understand the great dietetic blunder (as Sir Henry Thompson terms it) made by the woman who washes down ample slices of roast beef with draughts of new milk, (as Sir Henry Thompson goes on to say) an unwisely devised combination, even for those of active habits, but for men and women whose lives are little occupied by exercise one of the greatest dietetic blunders which can be perpetrated.

My desire in these rather discursive remarks about foods, is to impress upon you simple, practical facts in connection with diet for pregnant women in health and disease; to show that errors of diet are followed by serious results; to stimulate you to take an active and intelligent interest in your patients in such regards under all circumstances.