

# THE FOOD PRODUCTS OF CANADA.

BY

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"Half the struggle of life is a struggle for food." It is not necessarily a keen one in Canada, where food is abundant,—with plenty to spare for export to other countries. The chief objects for which food is consumed are (1) to sustain the heat and other forms of energy in the body, (2) to form the fluids and tissues during its growth, (3) to repair the wastes they undergo through the processes of vital activity, (4) sometimes to yield a product, and (5) to store up a reserve of materials and force for the functions of life. Sound health in well nourished bodies is the first essential of well-being in all countries and in all conditions of civilization and society; and it is greatly promoted by wholesome food in sufficient quantities and of suitable quality for the age, occupation and circumstances of each individual. The kind and quality of the foods which are consumed are closely identified with, if not the actual cause of progress or deterioration among a people.

## Original Sources of Foods.

Plants are able to live on inorganic substances, and the simplest forms of them feed on the constituents of the atmosphere and water only. When they die and are