

LABORATORY
OF THE
INLAND REVENUE DEPARTMENT
OTTAWA, CANADA.

BULLETIN No 377

HUMAN FOOD,
CONSIDERED IN ITS RELATION TO QUANTITY AND COST.

OTTAWA, June 12th, 1917

J. U. VINCENT, Esq., K. C., B. A., L. Ph.

DEPUTY MINISTER OF INLAND REVENUE.

DEAR SIR,

You have been good enough to propose publication of the accompanying paper as one of our Departmental Bulletin series; and it is necessary to explain that it was originally written for other use, in order to account for certain peculiarities in phraseology and style. I hope that it may serve to popularize the fundamental principles which govern the intelligent use of food materials. My experience proves that great ignorance and much misconception exist on the part of the public, due to a belief that the whole subject of nutrition is hopelessly complex and must be left to the expert. If I have been able to present some phases of the matter in plain and easily understood language, and to suggest practical application of certain basic principles, I shall be gratified.

Yours very truly,

A. MCGILL,

Chief Analyst.