

Thus the sugar production of France in 1917 fell from 750,000 tons to 210,000. But a remarkable outcome of war needs is seen in the armies in the fields becoming their own food providers. Mesopotamia in 1918 has grown more grain than before in centuries of her history, having 7,000,000 acres in crops; while irrigation by pumping water from the Tigris has raised 25,000 tons of wheat and 100,000 tons of barley. Egypt has been once more a granary in time of dearth and has given 424,000 tons of wheat in 1918 and will harvest an enormous crop of sugar.

Such are the chief illustrations of how the Allies' food supply has been assured for this year; but perhaps the most interesting phase of our subject is that in our second postulate of saving more by consuming less of these essential food-stuffs. We all know that none amongst us has suffered from a dearth of available food, although the poor may have been injured through high prices. It is of course true that some corn, rye and barley have been introduced into our bread, some glucose into our sugar supply, and some fish into our animal food supply; but essentially we have not seriously shifted the movable weight on the food balance so far as our necessary calories are concerned except perhaps to lessen their excess. C. L. Langworthy, chemist to the Department of Agriculture, Washington is quoted as saying that we ordinarily eat three times as much meat as we need and that saving is possible is seen in the fact that Canada's excess meat export last year with fewer animals grown was enough to feed 500,000 soldiers at the front.

Now with these facts before us we naturally enquire what changes have taken place in our use of foods. All will at once turn to what he is personally cognizant of, viz.: the war garden. Professor Taylor in illustrating the means by which

hard-pressed Germany has been able to carry on, tells us that her population through each urban dweller having been given a plot of suburban land to cultivate, has supplied at least 30 per cent of the food necessary for their sustenance. How much this has meant will be understood when we remember that before the war 70 per cent of the whole population in Germany was urban. Now in less degree, indeed, because the necessity has not been so pressing, all have turned to war gardening in America. It is difficult to get complete statistics because so many people have simply enlarged their previous kitchen gardening and these have been of course the most efficient. However, the Food Board of Canada reports an estimated total of 15,000 acres under cultivation in 1918 based on five times the acreage in 1917.

In the Northern States and Canada undoubtedly the greatest increase has been in the potato crop. Gerrard indeed has long appreciated the value of this source of food. Professor Prescott's analysis gives the following results:

Potatoes.	Per cent.
Water.....	78.3
Protein.....	2.2
Fat.....	0.1
Hydrocarbon.....	18.0
Ash.....	1.0

Calories per lb., 385

Bananas.	Per cent.
Water.....	75.3
Protein.....	1.3
Fat.....	0.6
Hydrocarbon.....	22.0
Ash.....	0.8

Calories per lb., 460

Fortunately it is food so simply grown that many of the wage-earning class have been able to provide enough to supply