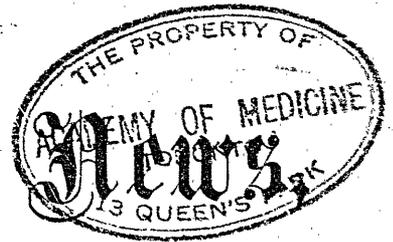


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The ideal food for the sick, the delicate, the consumptive, the habitual dyspeptic, the diabetic.

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OF BEEF TEA, DR. CHRISTISON says: "He was able to obtain but a *quarter of an ounce of solid residue in a pint*."

This solid residue consists of "besides the trifling amount of proteid material and of fat (which latter in practice, is guarded against with great care), *only the salts of the muscle, the hematin and allied pigments, traces of sugar, perhaps, some lactic acid, and the nitrogenous extractives creatin and its congeners*. As the original half pound of muscle may contain about forty to sixty grains of the salts, and ten to twelve grains of the nitrogenous waste products, the beef tea (half pint) certainly contained no more."—PROF. BAUMGARTEN.

OF BEEF EXTRACT, DR. PAVY says: "There are grounds for believing that a considerable proportion consists of products of proteid decay, materials in course of retrograde metamorphosis, they are of no use as nutritive agents."

The well nigh superstitious ideas entertained by the *laity* of beef tea, is expressed in the allusion to the "strength" which is popularly supposed to be extracted in the *tea*; after which the *beef* is thrown to the dogs. The working man makes soup from a joint and consumes the "strength" and the *beef* both.

The medical profession insist that patients shall profit by the knowledge and progress of medical science, by the use of artificially digested fresh milk, etc. The Nostrum advertisers usurp the functions of the physician by prescribing fictitious "foods for invalids," foods which medical science has long since condemned.

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