

ROBINSON'S PATENT GROATS AND PATENT BARLEY.

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I have pleasure in complying with the request that I should state my opinion of Robinson's Patent Groats, first, because of my long acquaintance with this food, and second, because I have advocated for many years in my public teaching the use of such products as calculated to improve the national health and well being. There is one phase of the health of the nation that has been repeatedly noted by sanitarians as deserving attention, namely, improvement in the development of bones and teeth. In our great cities there is witnessed a lamentable lack of the natural nutrition of both organs, and the great merit of Robinson's Patent Groats is that, prepared from the finest Scotch Oats, it presents all the constituents of that food in their natural form and quantities, while, as regards its assimilation, it can be readily digested by children and by invalids and others who find ordinary oatmeal to disagree with them. For children beyond the age of seven or eight months, when starchy foods can be safely given, Robinson's Patent Groats constitutes a typical food, rich in fat (a food essential for the nourishment and growth of the tissues), and equally so in nitrogenous or flesh-forming elements. I would add that there is no better food for persons of a constipated habit, and its use as a breakfast or supper dish, I am convinced, would prevent and cure most of the ordinary digestive ailments so prevalent among all classes.

With regard to Robinson's Patent Barley, this product represents the fine flour of the barley, which is not only adapted for use as an infant's food, but also for many other dietetic and medicinal purposes. In this food we find elements which, while contributing directly to the body's nutrition, also act specially as demulcents. Infants fed on this Patent Barley thrive and flourish—a fact I attribute to the easy assimilation of its albuminous matters, while the highest authorities on infant feeding universally agree in recommending Barley Water as the best and safest diluent of milk for hand-fed infants.

The use of barley water in medicine dates from a very remote period, and modern usage confirms the high value of this fluid as a drink in kidney and bladder affections, and in all cases in which it is desirable to soothe irritated mucous membranes. No better preparation for making barley water can be found than Robinson's Patent Barley, the process being rendered easy and simple from the fine state of division in which the flour is presented for use. As a summer drink barley water, with a little sugar and lemon as flavoring agents, is unrivalled. Its use has