

the foods consumed were classified into tables showing the amounts of the different food principles taken per week by each family.

One of the great practical results following from this investigation was the determination of the minimum amount of each nutritive principle which men, women and children need, to keep them in fair health. The amount of food with which an unemployed man can fight off starvation, and the diseases temporarily incident to it, was found to be represented in 35 ounces of good bread per day, and the necessary amount of wholesome water.

Since the publication of Dr. Smith's report similar inquiries have been instituted by the scientists of other countries, and many analyses have been made of the exact amount and kinds of food eaten by various classes of labourers under the most varied conditions. Two noted professors of the old world have even accounted for every particle of food that passed through the body of a man, both while he was at work and while he was idle. They have also noted how much of his own body was consumed when he ate nothing. Finally, a great number of averages have been taken and so called "standard dietaries" constructed, by which is meant the average amount of each of the chief food principles that keep an average muscle-worker in good condition, when doing average work.

Every one will admit that it is of great importance for the farmer to know in what proportion he shall lay in hay and other food for the winter feeding of his stock; the animals must thrive, but there must be no waste by furnishing food in the wrong quantities or proportions.

For the housewife, the food question in its relation to her family can be stated in the very same words. It is important that she should economize, but her path will be full of pitfalls if she does not understand in what true economy consists. Most people with a real interest in this subject have had at some period of their lives certain pet theories as to food. Perhaps they have been at one time convinced that most people ate too much, at another, that meat was the all strengthener, or they may have been afflicted with the vegetarian fad, and whatever their special views have been they have thought that they rested them upon facts. But surely they would never have pinned their faith to one-sided diets if they had rightly comprehended the main facts of nutrition. We believe that if these facts as