

THE TORONTO "*Week*" in referring to the announcement in this JOURNAL of last month that the manufacture of liquid beef peptonoids was about to be commenced in Toronto by Mr. Gisborne, says it is open to considerable question whether they ought to be recommended, as suggested in this JOURNAL, for men in "active employment during the middle of the day who hardly take time to eat and are not in a condition to properly digest ordinary foods." Probably our contemporary has not always carefully read the JOURNAL and learned that over and over and over again it has urged the importance of all taking plenty of time to thoroughly masticate wholesome solid foods, for the sake of both the stomach and the teeth. But busy men at midday, seeking wealth rather than health, *will not follow* such advice. We therefore think it much better that they should take partly digested "liquid beef" than to hastily, or even slowly, eat food which their stomach will not digest, or to suffer exhaustion from want of food. The preparation therefore, a want for which man has created, is much better than any "fluid beef."

ABOUT THE TEETH.—The *Week* thinks too that as the suggestion to so use the "liquid beef" discourages the growth of teeth in succeeding generation, as of course it does, it "might be used with much better grace by a dentist." Well, we can only add, we are afraid the progressive destiny of the race to fall into the use of foods which have been partly or wholly digested and to become toothless cannot be successfully combated, even by this JOURNAL. While all now naturally think two rows of pretty, white, even "fencibles" are indispensable to "good looks," all know what strange views to us some races hold in regard to the essentials of beauty. It may be that in the distant future highly civilized humanity will view with horror the present admiration of the race for what they then may term cannibalistic or barbarious appendages—the teeth, with the millions of vulgar, yet essential timber tooth pickers. They will then consider well shaped, delicate pink gums, free from half masticated, decomposing food, all that the most superlative beauty

needs as a second barricade to the principal oral orifice. What about the dentist then?

"OUR NATIONAL FOODS."—Under this name are manufactured by Messrs. Fish & Ireland, at Lachute, Q., a number of foods from native cereals. These are solid foods and require the free use of the teeth. They are highly commended by physicians and in medical journals. The "rolled oats" for porridge is a most elegant preparation. Over a year ago, the writer of this while attending a sanitary convention in London, Ont., ate some delicious porridge made of it and for the first time enjoyed oaten porridge, and has since used it almost constantly in his family. "Desiccated" wheat, barley and rye for porridge and puddings are also prepared by the same firm. The two former the writer has used and is very much pleased with them. The firm also manufacture a "patent prepared barley," which makes puddings equal in delicacy to, and much more nutritious than, starchy preparations, such as sago, tapioca and corn starch. The "desiccated" foods, it must be observed, are partly digested, the starch having been converted into dextrine. Hence these foods are, not only, as the *Canada Medical Record* puts it, nutritious and delicate, assisting in laying the foundation of a strong muscular development as well as brain and nervous vitality, "treated in the light of all the scientific progress of the times," but they are easy of digestion. We have no hesitation in recommending all the preparations of this house as well worthy of public confidence. We do not know of any such prepared foods equal to them in elegance, nutritive value and digestibility.

THE PRESENT BREAD-MAKING SYSTEM is primitive, dirty and uncertain, and a disgrace to our civilization. It is bad enough to have the dough kneaded with the bare perspiring arms of an untidy man in a warm dirty baking room, but we often get more for our money than that suggests. According to the *British Medical Journal* a baker's lad with well marked scabies ("Scotch fiddle") applied to a Dr. Yates of Perth for a remedy.