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[No. 1.

CRISES IN LIFE,

ADDRESS DELIVERED BY REV. WILLIAM LLOYD,
BEFORE THE STUDENTS OF EASTMAN COLLEGE.

THERE is an old Greek story of a certain prince named Telamachus, whose education was early confined to Minerva, the goddess of wisdom, who, under the guise of an old man, guided the steps of the prince from land to land in search of his father, enrichting his mind meanwhile with divinest precepts. At length they reached a place where two roads met; then telling Telamachus that now he must choose which path he would follow, suddenly the garb of the old man dropped, and Minerva the goddess, appeared in perfect beauty, with which she sprang forth from the brow of Jove, stood for a moment before the entranced gaze of the youth and then vanished away. But the lessons of youth remained to bring forth fruit in ripper years. This beautiful myth, which has been immortalized and made familiar to us all by the satirist F. Tenison, very fitly illustrates our present theme. Let that junction of the roads stand as the symbol of a crisis in life; for two paths will once and for all open before you, and your life afterward will be largely influenced if not decided by the choice you make. In every human life critical periods occur, and it is an exceedingly easy thing to mistake or even miss them when they come. According as the choice is made at such times, life becomes invested with happiness or mantled in misery. Much of future character and destiny is wrapped in decisions then made. The immortal Shakespeare says:

"There is a tide in the affairs of men
Which, taken at the flood, leads on to fortune;
Omitted, all the voyage of their life
Is bound in shallows and in miseries."

And again,

"I had my zenith doth depend upon
A most auspicious star, whose influence
If now I court not but omit, my fortunes
Will ever after drop."

It is said of Napoleon that when a great battle was raging he would watch the conflict with moody brow and anxious glance until some one movement was made, when his brow would clear and he was at ease. The crisis was passed, and victory sure. Critical periods have marked the history of humanity, ever since; in the persons of its first parents, it stood in Eden, and future destiny hinges upon the choice. For that old garden scene is of far more consequence to us as a symbol than it is as actual history, because that old story is lived over again in the history of every man. Every man is an Adam, and Eves are just as plentiful as apples, and sometimes quite as tempting. Just as we choose when the choice is put to us, and live lives of obedience to law or disobedience, we can make our life pathway bloom with flowers or bristle with thorns. We may walk on through the years of our earthly life beneath a sky of cloudless blue most of the time, or we can fill our lives with clouds and convales them with tempests. The difference will be determined by the choice made at a crisis. I do not hold that any human life can be free from annoyances, errors and sorrows; disappointment and adversity will be the lot of even the truest soul, but if the choice made in early life be a wise choice, then these things will be simply a few clouds floating across the disk of the sky,

obscurer for a time the brightness of its sunlight, but never mantling it in impetuous darkness. They will be but as the rain storm that washes away the dust from the petals of the flowers and causes the blossoms to grow from obedient love to bloom with greater beauty and fling forth fresher fragrance, not like the tempest that uproots trees in its march.

Life's character, then, must be determined by the passage of critical periods. Life has been classified under three sections,—the secular, the social and the spiritual. That is, that phase which belongs to our ordinary pursuits, that which brings us into contact with the outer world entirely, which includes our choice of a business or of a profession, and the relations and inter-relations that are included therein,—that is our secular life. Our social life includes the choice of a wife and all the associations, the felicities and infelicities which flow out from the formation of a home. And the third is that part of our existence which refers to our moral responsibilities and relates us to God and to eternity. Now, in each of these departments of life critical periods will come: the choice will present itself and you will have to determine what shall be your secular path, what the character of your home and what the nature of your eternal and moral destiny.

But I am not here to-night to preach a sermon. That would be altogether too professional, both for you and for myself. I want here to put in a plea for ministers. It seems to me that ministers labor under a great disadvantage when they speak away from the pulpit. I know it has been the custom to look upon the minister as a sort of paid moralist, so that when he stands before an audience and endeavors to deliver an earnest, soulful appeal to their moral qualities and nobler impulses, they listen with a shrug and say, "That is his business." I remember once a friend of mine who is a very eminent minister taking his little child on his knee in order to tell her a story illustrative of that impalpable doctrine, special providence. He had told her the story—it was a very pathetic story—he expected to see the child very much moved. She looked up into his face and said, "Papa, is that a real true story, or are you only preaching?" [Laughter.] There is the difficulty when we are to stand and talk with you outside of our ministerial barriers. The question arises, "Is it a real true story, or are you only preaching?" I put in this plea for ministers because I stand before you not in an official relation. I was a man before I became a minister, and I hold my manhood a thousand fold dearer than I hold any official honors of a Church, or the sacredness of my ministry before I would sacrifice an iota of my manhood. I want you to take my words as the utterances of a brother man to you and not as those of a minister.

The first crisis, then, is the choice of a business or a profession. Sometimes it seems to be perfectly easy to decide the question, whereas shall be the business or the profession in which a man shall engage.

Especially this is the case where a young man's father and perhaps his grandfather have been engaged in a given line of business or in a certain profession. It is very natural indeed if a father is a dry goods merchant that he should wish his son to follow the same business, and that it should be "Caldie & Son" for the rest of his days. It is very natural indeed if a man has been an usurer or money lender that he should desire his

son to be a money lender also; and "Grading & Company" may go on interminably. And so in relation to the professions; if a man is a physician and has acquired any eminence at all in his profession, he desires to have that eminence transmitted to his son, and to have his son in the same line of activities. An old bachelor being asked why he was a bachelor, answered that he did not know unless it was because his father was a bachelor. [Laughter.] And so there are men to-day in certain businesses or professions who can give no other reason except that their fathers were in the same, and yet, it is not always wise for a parent to predetermine the future of his son, because if the son's tastes run in an altogether different direction to the father's, then it will demand on the part of the father an amount of forcing and distortion that will be injurious to him for the rest of his life. Most men must decide for themselves, and if a parent assumes to decide, I would have him study very carefully the inclinations, tastes and capabilities of his son before a profession is chosen for him. Many have no choice made for them, but must choose for themselves. You pass through your education, and then the question comes to you, "Now my school days are over, and I have behind me the holiday of boyhood and before me stands life with its stern battle for existence; in a little while I shall be flung out into the field to fight my way through with other men. Into what field shall I enter? What department of life's activities shall I choose?" It is to help you in this that I would venture to throw out a few suggestions. The first is, gentlemen, study your own mental tendencies and characteristics. It is said among the English aristocracy when a Lord is burdened with more sons than he knows very well what to do with, if, for instance, there should be three younger sons, the eldest son takes the estate, and there is very little money for the others, the question comes up—"What shall be done with them?" If one seems to have a little more physical courage than the rest, put him into the army. Make a soldier of him. If there is one who seems to possess craftiness of nature, shrewdness in dealing with other men and aptness in extracting the secrets of his companions, make a lawyer of him. Possibly he may become a judge or Queen's counsel. But there is one who seems to have no qualities at all, no mental tendencies or marked abilities, there is nothing left to do with him but make a miscreant in the direction. I would have decided for you in this way, although sometimes there is a predetermining of career on the part of the parent, which is unwise. A boy who is a natural musician, do not never make a dry goods clerk of him. If his taste run in the direction of the counting house, you never can make anything of him except in the business. It is said that West had parents watch their children in their unobserved occupations. By these the natural tendencies are disclosed, and by careful training, by praise or blame judiciously administered, that particular phase of the nature may be developed, and greatness may be reached which otherwise might be missed in the business. It is said that West, the great painter, was seen one day by his mother sitting by the side of the cradle where the baby lay asleep, and the mother leaned over and found that he had drawn a rude picture of the cradle and the baby. It did not need much art to draw the baby's face, for babies all look alike up to a certain age;

and on the other the white breakers. We drew near and presently we felt the steam was shut off, for the velocity was so great that the steaming could hold on its way without any propelling force. I turned and looked up at the wheel, and I saw that the captain, who had been walking the deck talking to the passengers, had taken his position with the two men at the wheel, his eyes clear and glittering, fixed upon the foam of the rapids just below. Only a narrow passage down which the boat must speed; a single foot to the right or left and the sharp rock would wound her to her death. Just when we reached the passage the wheel men bent to the wheel. Round she went and glided into the placid basin, and in the distance we could see the many spires of the city of Montreal, and the chime of the bells for evening prayer was borne upon the breeze. It was just a moment's decision that made all the difference between the chime of the church bells and a grave beneath the roar and rush of the rapids. There will come a time to you when you must take your station at the wheel, for none other can hold it. You must stand near for speaking earnestly; I have been near the rocks myself and can feel for you.

Again, there will come to you a crisis when temptation offers an opportunity and vault into wealth and power presents itself. There is a strong temptation to misuse opportunities; but does it pay for a man to turn aside from legitimate paths of activity and leap into wealth or power by criminal or immoral means? Let the men who within the past year or two in this land have been hurled from positions of apparent respectability and social influence into disgrace,—from behind prison bars let them answer whether it pays to make a leap when one would should plot to success. Life is a troubled course to a man when he has to walk every day with a feeling that his feet are being blistered with the thorns that may at any moment break through and scorch him to death with its flames. It does not pay even in the present. Does it pay if we consider our inevitable relationship to posterity? Now I know that some people say, "what is the use of talking about posterity?" They are a great deal like Sir Boyle Roche, an Irish member of Parliament who had the national capacity for making bulls highly developed. Upon an occasion when members were about to vote some money in parliament to erect a statue and endow a library in honor of some great name, he said, "Mr. speaker, I oppose the measure; I oppose it because it is being done for the benefit of posterity. I would like to ask the honorable gentlemen what posterity has ever done for us?" And then seeing by the faces of his audience that he had burned deeply, he explained, "I do not mean by posterity those who come after us, but those who have succeeded before us." A great many people do that; they think they will be well spoken of when they are dead. And the end must come, you know, when posterity will pass its verdict upon men.

Two men have recently passed away from the busy life of New York. Both of these men occupied the most different spheres of the very prominent positions. Each of them possessed great natural ability, with great shrewdness and commanding gifts in certain directions; each rose from the very humblest walks of life to a position of opulence and power; each of them had to do with wires; and yet, of them pulled political wires that moved the miserable puppets that did his bidding in the Aldermanic board or in the House at Albany; the other had to do with the electric wires that upon the breath of the lightning carried from shore to shore messages of love or hate, or sorrow, joy, prosperity or despair. The two men were William A. Tweed and Eugene O'Sue. These two men have passed away. The dramatic unities were wonderfully preserved in the life of William M. Tweed. It is a fitting theme for the artist of the stage. We see him in his youth simply the foreman of a fire company. Then we see him suddenly vaulting into a position of power, and then to a position where he rules the politics of this city, and almost if not entirely the politics of this State.

Gifted with commanding power, if he had rightly passed a crisis of his life, to have given him a position and a name honorable among men, we find that William M. Tweed would be forever known as the most gigantic plunderer that ever got his hand into the pocket of the people. The way he hurried from opulence and influence, flying with his very existence; captured again when working in a menial occupation in a ship, brought back to his own city where he had ruled like a king, put into a felon's prison, and at last dying with none to whisper a word of comfort in his ear except his colored servant, who was with him to the last, taking his cause away from the judgment of men and making a pitiful appeal to the judgment of God by saying, "I have done some good things in my life," and he is gone.

We have nothing harsh to say of the man's memory. He did some good things; for there was a broad streak of generosity and loyalty to his friends in his nature. On the other side is William Orton. The principle characteristics of the man, indomitable perseverance, a strict and unwavering integrity, a clear perception of his own worth, a gentle kindness of nature that led him to speak a kind word to all who sought an interview with him in the midst of his great responsibilities; a man who lived in social purity, rejecting the pleasures of the life amid the associations of the church of his choice, and then, in the very prime of his life, unites down, dead and buried. The two men who had never known him felt that they had almost lost a personal friend. The two men are dead. When one man died the city seemed to draw a long breath; the other man's death seemed to draw a long breath; but that the old man's sorrows were over, their names were not yet still in death. When William Orton died, men stood with bated breath beside his coffin and felt that a man in every corner of the world had dropped from among them. While life was successful in one, that of the man who suddenly rose to power and at last died in infancy, or of him who quietly added his way up until he was ready for himself a name of respectability and upright that shall be a more precious heritage to his children than all the wealth of the world.

Now I come to another crisis. This is choosing a wife. We will suppose that you have established yourself in business and are making money, and the question suggests itself to you, "Is it not time I thought about settling down?" I know that I am treading on very delicate ground. It is the more solemn thing to settle somebody else's matrimonial arrangements, but when it comes to settle one's own it is quite another question; and those who are most ready to give advice upon it often make the most egregious blunders in their own matrimonial affairs. John Wesley, for instance, made a rule that none of his preachers should marry without laying their choice before the brethren. It was very good advice, and it ended in his marrying a miserable virago, who used to amuse herself by opening his letters and occasionally knocking his head said to his daughter, "Jennie, my father is an awful thing to get married." "I know it well, father," said she, "but it is a far more solemn thing not to." And that is the more solemn thing to get married, but it is a far more solemn thing not to. More blunders are made in this crisis than in any other, and there is only one class of people who make more blunders than men in their marriages, and that is women in the home. There are so many of our young men who, when they marry at all, rush into matrimonial engagements and burden themselves with the cares and anxieties of family life before they have prepared themselves to do so, and who mistake a mere flimsy and passing fancy for a supreme affection, that I would speak to you very earnestly, young gentlemen, because an error in any of these can be rectified without the commission of a still greater error. Many a young lady whose father and mother commenced life in a very moderate way, perhaps in a three story

brick house down town, and have worked hard and saved money until they can afford to live in a brown stone house in an up town street, will not care to begin where her mother began, but wants to begin where her father began, and her mother ends her married life just where her mother ends her married life to begin with the brown stone house. Young men do not catch a bird until they have made up their mind that it is good advice, but it does not follow that the cage must be a golden one before the bird will sing in it. A good character and a pure love are capital enough for any young man to bring to the woman of his choice. There is, it seems to me, in this department. And yet young men must take a necessity for some plan by which a young man of good principle and recognized moral character can be brought into free association with young, marriageable ladies. Some one in Boston has devised an agency for the arrangement of matrimonial affairs; but I don't go as far as Boston, especially in this department. And yet young men must have association with the other sex, and they will have it, either pure or impure, and there is a wonderfully purifying and preserving power in association with a young lady. Let a young man who has just risen, for instance, been in the drawing room of some gentleman's city and been admitted upon terms of equality of friendship with that gentleman's daughter, be walking down Broadway to-day, and if he is tempted with a young woman of questionable character, the thought will come to him, "I may possibly meet the young lady with whose father I spent the evening, and it will not do." If you are determined to enter into association with pure women, guard their influence as you would guard your life. If you intend to choose a wife, I would say—choose your occupation first, then choose your wife, and tell what will be the principal qualities needed in a wife until you have determined what shall be the particular sphere of life in which you intend to move. Goethe who said he once met a German girl in the rural districts where he thought was beautiful as a piece of marble, she brought her to the city, as was his way, he said that in the salons of Berlin she was awkward as a peasant. It would be a very unwise choice for a young man of great life must be spent in the salons of the great cities to choose one who would simply grace a cottage in rural home. When you have settled your occupation, then choose a wife who will have with you similar tastes, and will be able to move in the grandness in which you expect to move, with gracefulness and dignity. Study the law of elective affinities. I believe that between certain natures there exists a power of attraction, and if they are brought together they will order ordinary circumstances of advantage be brought into matrimonial relationship as certainly as two acids make an alkali. I know it is a dangerous thing to talk of elective affinities, because the doctrine has been perverted by a false philosophy into an abuse, but unless that shall be the wife, marriage will be a yoke of the husband, marriage will be a yoke; there will be no joy in it. Hundreds to-day, from this fatal error, are grinding beneath the burden of a marriage that is to both a pain and not a joy. Carefully consider the physical, mental and social qualities of the lady you intend to marry. There is some truth in the saying that beauty is but skin deep; but as certain young lady said when it was quoted to her, "Young men seldom look any deeper." It may be but skin deep, nevertheless there is an immense power in it, and a holding power, too. It is not all nor the most important, but it is in its place, and if you are one whose mental and social qualities will make her a fit companion; one whose soul will answer to your own soul; one who will take an interest in the things that you have a certain degree of zest and pleasure; for that you will find in her society a responsiveness your mind needs; and if you do not find it there it will leave you in a very little time. Never marry until you are sure you entertain a supreme affection for the lady you choose; an affection that will stand the test of every day's life; the affection of a person who will fill your life as it demands to be filled. Learn to distinguish between fancy and love. There is much loose fancying and

flirting in these days that is disgraceful to both sides of the house. Do not contound the passing admiration a pretty face may awaken with the grand, pure, lofty, endearing emotion which always is worthy the name of love, and which only can endure and live in the stress of life. If you find the ardor of your flame is not worthy the name of young lady in the morning and find her engaged in household avocations, and her hair still in curl, then look no more in that direction. If you love, will not endure curl papers and the dusting brush, it will not last. Only when calm, earnest thought decides that the one loved is absolutely essential to life's completeness, is it safe to wed. Men may fancy a hundred times, but no man or woman ever loved in the highest sense more than once. Set before yourself a lofty ideal of womanhood, and as lofty an ideal of manhood. Keep both before you. No man has the right to demand in woman higher moral qualities than he aims to reach himself. Remember, "You needs must love the highest when you see it." If your love be based upon principle and not passion; if reason, not impulse, guides you, then it will find in self-sacrifice its highest joy. Toil for which your's weal will be more joyous than rest. Selfishness, with its kindred evils, and jealousy with its kindred evils, will vanish away. You will find that the words of England's most philosophic bard in one of his most philosophic poems:

"Love took up the harp of life, smote on all its chords with mild, which trembling passed in the Note the chord of self, which trembling passed in the chord of self."

If, when hand clasps hand, each finds the pure chords of the heart vibrate to love's holy melody, then let the one ask the question, and the other answer "yes," and get a mutual friend to improve the price of orange blossoms, for there will then be

"Two souls with but a single thought,
Two hearts that beat as one."

I am honoured by the hour to bring this address to a close. But I have said saying a few things relative to the crises; for such will come to you all. But I have time only for a closing word. There will be periods in your life when the interests of two worlds, this and the next, will seem to come into collision. Grand questions which in their issue and solutions stretch out into the ages of an unwavering deity, will press upon your higher self, the bearing of present decisions and conduct upon future destiny; and these kindred questions will have to be met by you. Principle and policy or even passion will wage war upon your spirit's battle-field. I am not here to plead for any specific form of faith; still less do I urge you to solve these questions upon the basis of church or creed. There are great principles which are as old as the ages, universal as the race, and which have been recognized by the noblest men in connection with all forms of faith; principles which so far as they are permitted to operate ennobled the pagan mind and gave to Greece and Rome such men as Plato and Socrates, Pliny and Marcus Aurelius; principles which were wrought into the lives of the old Hebrew heroes and enabled Moses to fling away the dildren of Egypt and embrace the lot of the slave; and which girded Daniel with the dauntless courage to kneel with face toward Jerusalem, though watched by leopards, courtiers, who plotted for his life, knowing that faith could muzzle the hound-griest lion waiting for his prey. Principles which woven into the souls of Christian heroes have given to the world a Paul, a Luther, a Savonarola. These principles are loyalty to God as supreme in authority and convictions of right in the order and government of life. These will enable you, if followed, to win the highest of all names of heroes most conflict unharmed by fire. Young men, if you would have life crowned with success,

"Be good, and let who will be the thief,
This make the present and the best forever
One great sweet song."

Be good, be true. Be knightly in your defence of the right and hatred of the wrong. Be manly and outspoken for truth and right. Be honest, stern in your detestation of all that is false and base, kindly and tender toward

the weak and the erring. Thus build up your lives heroically, holding this firmly, that success gained at the expense of principle is in reality failure, and failure while maintaining the right is in every deed success. Your life path may be toilsome and thorny, but it will grow brighter at every step you take. The road that leads to the Infinite's abode may be steep, but it is stary too. Climb the steep bravely and the stars shall yet flash upon your brow. Urge on your way with hearts that falter not, because faith in the right upholds and cheers you.

"Keep pushing. The wisest than standing aside,
And dreaming and waiting and watching the tide.
In life's earnest battle they will prevail
Who bravely press onward, and never say fail."

THE people of the County of York should give their patronage to the undersigned Merchants and Manufacturers in the Shire Town who advertise in this sheet. They all stand at the head of their various businesses—in experience, honorable dealing, and determination to sell as low as any houses in the Province. Fredericks offers inducements to wholesale buyers in this County as to his goods. Save time, hotel bills, and enable Fredericks people to more liberally buy your country produce and you thereby get most of your money back again.

We have been informed that the County has been over-run lately with Commercial Travellers from the Upper Provinces. These men are generally big-tongued, and succeed in taking orders from traders who are not up to "ways that are dark." As the wise, successful trader buys near home. When Fredericks is a deprived even a portion of the County of York, the surrounding country suffers as well as the City, as the capacity of its people to buy country produce is thereby lessened. The interests of the City of Fredericks and the Metropolitan County of York are identical.

BUSINESS LAWS IN DAILY USE.

If a Note is lost or stolen, it does not release the maker; he must pay it, if the consideration for it was given, and the amount, can be proven. Notes bear interest only when so stated. Principals are responsible for the acts of their agents.

Each individual in a partnership is responsible for the whole amount of the debts of the firm, except in cases of special partnership. Ignorance of the law excuses no one.

An agreement without a consideration is void. A note made on Sunday is void. Contracts made on Sunday cannot be enforced.

A note made by a minor is void. A contract made with a minor is void. A note obtained by fraud, or from a person in a state of intoxication, cannot be collected. It is a fraud to conceal a fraud.

Signatures made with a lead pencil are good in law. A receipt for money is not always conclusive.

The acts of one partner bind all the rest. "Value received" should always be written in a note, but is not necessary.

No consideration is efficient in law if it be illegal in its nature. Checks or drafts must be presented for payment without unreasonable delay, and during business hours. A note ending in blank is transferable, by delivery, the same as if made payable to bearer.

If the time of payment of a note is not inserted, it is held payable on demand. If a letter containing a protest of non-payment be put in the post-office, any miscarriage does not affect the party giving notice.

Notice of protest may be sent, either to the place of business, or to the residence of the party notified.

The loss of a bill or note is not sufficient excuse for not giving notice of protest. If two or more partners are jointly liable on a note or bill, due notice to one of them is sufficient.

An endorsement may be written on the face or back. An endorser may prevent his own liability to be sued by writing "without recourse," or similar words.

All claims that do not rest upon a judgment must be sued within six years from the time when they arise.

An oral agreement must be proved by evidence; a written one proves itself.

Joint payees of a bill or note, who are not partners, must all join in an endorsement. "Acceptance" applies to bills and not to notes.

THE PRINCIPLES OF DIET IN HEALTH AND DISEASE.

Extracts from a reprint of the article "Dietetics" in the new edition of the *Encyclopædia Britannica*.

THE application of science to the regulation of the continuous demands of the body for nutriment aims mainly at the maintenance of health, and the Economy. They are rarely inextricably mixed, and another, but yet require separate consideration, as, under varying circumstances, some may claim the most prominent place in our thoughts.

INFLUENCE OF DIET UPON HEALTH.

The influence of diet upon the health of a man begins at the earliest stage of his life, and, indeed, is then greater than at any other period. It is varied by the several phases of internal growth and of external relations, and in old age is still important in prolonging life and making it agreeable and useful.

Diet is Injurious.—No food has yet been found so suitable for the young of all animals as the milk of their mothers. And this has not been from want of seeking. Dr. Brouzet ("sur l'Éducation Médicinale des Enfants," p. 165) has such a bad opinion of human mothers, that he expresses a wish for the State to interfere and prevent them from suckling their children, lest they should communicate immorality and disease! A still more determined pessimist was the famous chemist, Van Helmont, who thought life would be greatly improved by the shortness of our infant propensities, and proposed to substitute bread milk in its stead. The milk, which latter he calls "the best and honey for infants," has followed the lead with a "food for infants," in the preparation of which a half-ounce of quarter-grains figure freely, and which is prepared on a slow fire for after a few minutes and kept warm. And after the milk has been a disintegration of human milk is made as by the addition to fresh cow's milk of half its bulk of soft water, in each pint of which has been mixed a teaspoonful of powdered "sugar of milk" and a pinch of phosphate of lime. Indeed, in default of these cheap chemicals, the milk and water alone, when fresh and pure, are safer than an artificial preparation, and requires cooking. And experience throughout warm-blooded nature—namely, among the lower animals, administering food to the young is also that which is most widely adopted throughout warm-blooded nature—namely, in a fresh, tepid, liquid state, and in small quantities at a time.

Empirical observation is fully supported in these deductions by physiological and chemical science. Milk contains of Water, 88 per cent.; Oleaginous matter (cream), 8 per cent.; Sugar, 5 per cent.; Matter (cheese and albumen) 4 per cent.; Hydrocarbon (sugar), 4 per cent.; Saline matter (phosphate to lime, chloride of sodium, and chloride of potassium). These are at once the constituents and the proper nutriment of the young of all animals. The rapidly-growing animal of food suited to a weakly, or diseased, constitution, or one in a state of suspension, in an alkaline fluid, and the complete and nitrogenous matter introduces more of them than the natural milk. The fat is the germ of new cellular growth, and the nitrogenous matter is by the new cells formed into flesh, which is doubling its bulk monthly. Milk may be said to be still alive as it leaves the breast fresh and warm, and quickly becomes living tissue. A very slight chemical change is requisite. Its frequent administration is demanded by the rapid absorption, and the absence of regular meals prevents the overfilling of the delicate stomach with more than it can hold at once.

The wholesome nutriment for the fragile babe with impure much rough usage, and often appears one of the most important of the food of farinaceous food; but the majority do not get habituated to it without an exhibition of dislike, which indicates the necessity of a change.

To give julleons diet its fair chance, the frame must be protected from the cold; and just in proportion as the natural temperature of the body is maintained, so does growth prosper, as is satisfactorily proved by experiments on the young of the lower animals.

It is only when the teeth are on their way to the front as shown by dentition, that the glands secrete an active saliva capable of digesting bread-stuffs. Till then, anything but milk must be given tentatively, and consumed in the form of a gruel of education for its future mode of nutrition. Among the varieties of such meals, the most generally applicable are those prepared from the tops and bottoms, should all have their turn, and success is necessary. Interpret dietary which supplies, and for change the stomach should be prepared by habit.

The consequence of premature weaning are insidious. The external aspect of the child is that of health; its muscles are strong, but the bones do not harden, and the child is liable to fracture of its limbs gave rise, and it is said to be suffering from rachitis, or "rickets."

The consequences follow in other animals as surely

as in the human race; and in them it was possible to make the experiment crucial. A gentleman named Guerin set himself to find if he could produce rickets at will. He got a number of puppies in equally good condition, and, having let them suckle for a time, he suddenly weaned half of them and fed them on raw meat, which on the first thought would seem the most suitable for carnivorous animals. The milk, however, he milked those which continued to suckle, for a short time had grown strong and hearty, while those which had been weaned had become thin, and were stunted, and frequently threw up their viscera, their limbs bent, and at the end of about four months they showed all the symptoms of confirmed rickets. From these experiments we must conclude that the rachitis depended mainly on the derangements of nutrition brought on by improper diet. A diet which is taken at the wrong season may fairly be called improper. For rickets, it is flesh before the age of suckling has passed; for hartorns (and an experiment bearing on the point has been made on pigs), it is vegetable feeding begun when they ought to be at the test.

The time for weaning should be fixed partly by the child's age, partly by the growth of the teeth. The troubles to which children are subject at this crisis are usually gastric, such as are induced by summer weather; therefore at that season the weaning should be postponed, whereas in winter it should be hurried forward. The first growth of teeth, six times out of ten, commences with the eruption of front teeth, which may appear any time during the sixth and seventh month. The mother may then begin to diminish the quantity of milk, and to replace front teeth, which may appear any time during the sixth and seventh month. The mother may then begin to diminish the quantity of milk, and to replace it by a month she can have reduced them to twice a day, so as to be ready, when the second growth makes its way through the upper root glands, to cut out the supply altogether. The third growth—the lateral incisors—first give notice usually about the first anniversary of birth; give notice that solid food can be chewed. But it is prudent to let dairy-milk form a considerable portion of the fare, until the eye-teeth are cut, which seldom happens till the eighteenth or twentieth month. At this period children are liable to diarrhoea, eruptions, irritation of the brain, rashes, and febrile catarrhs. In such cases it is often advisable to resume a complete milk-diet, and sometimes a diet of rice has been saved by its application to the breast. These means are most feasible when the patient is accustomed to milk; indeed, if not, the latter expedient is hardly possible.

Diet in Childhood and Youth.—At this stage of life the diet must obviously be such as to support the transition from that of infancy to that of adult age. Growth is not completed, but yet entire surrender of every consideration to the necessities of the moment is possible, nor indeed desirable. Moreover, that abundance of adipose tissue, or reserve growth, which a baby can bear, and which is the result of due education of the muscles of the boy or girl, the supply of nutriment needs not to be so continuous as before, but at the same time should be more frequent than for the adult. Up to at least fourteen or fifteen years of age, the diet should be four meals a day, varied indeed, but nearly equal in nutritive power and in quantity—that is to say, all moderate, all sufficient. The maturity the body then reaches involves a hardening and enlargement of the bones and cartilages, and a strengthening of the digestive organs, which in healthy young persons enables us to dispense with some of the careful care bestowed upon their diet. Three full meals a day are generally sufficient, and the requirements of mental training may be allowed to a certain extent to modify the attention to nutrition, which has hitherto been paramount. But it must not be forgotten that the changes in figure and in internal organs are not completed till several years have passed, and that they involve increased growth and demand full supplies. As less bulky food is used, rare should be more plentiful and sufficiently nutritious, and habits should be acquired which conduce to making the most of it for the maintenance of strength.

The nutritiousness of food depends on *digestibility* and *concentration*. Food is digestible when it yields readily its constituents to the assimilative organs, or their reduction to absorbable chyme. It is more or more concentrated, according as a given weight yields more or less matter capable of being assimilated. The degree in which they possess these qualifications united constitutes the absolute nutritive value of alimentary matters.

The degree of cohesion in the viands influences digestibility. Tough meats, in some days, must be completely ground up by the teeth remain unaltered, while fluids and semifluids lead the van of digestibility. The tissues of young vegetable and animal are, for this reason, more digestible than old specimens. It is desirable also that the post-mortem rigidity, which lasts several days in most instances, should have merged into softness before the meat is cooked, or should be softened by marinating by cooking before the flesh is cooked. In warm climates and exceptionally warm weather, the latter course is the preferable. The dietitian, especially when the feeding of the young, should prefer those methods of culinary preparation which most break up the natural cohesion of the food. And it may be noted that the force of cohesion acts in all directions, and that it is no advantage for an article to be laterally elastic. It remains stringy in a longitudinal direction.

Fat Interposed between the component parts of

food diminishes its digestibility. It is the interstitial fat, between the fasciculi of muscular tissue, which renders it to young persons, and to young animals, less digestible than matured.

A temperature above that of the body retards digestion. Meat, which is digested by the gastric juices in the stomach, has a temperature of 100° there; but farinaceous food, which depends for its conversion into chyme on the salivary glands, suffers a serious loss, by reason of the heat, if it cannot avoid itself of the saliva supplied by the mouth. It should also be borne in mind that a temperature much above that of the body cracks the enamel of the teeth. Excessive concentration which nutriment is carried through the absorbent membrane of the digestive canal in water. There is no doubt, however, that it is not so rapidly by endosmosis than anything else. The removal, then, of water is an injury to viands; and drying, salting, over-frying, over-roasting, and even over-boiling, renders them less soluble in the digestive juices, and so less nutritious. A familiar illustration of this may be taken from eggs. Let an egg be lightly boiled, poached in water, custarded, or raw, and the stomach even of an invalid can bear it; but let it be baked in a pudding which raises a hot oven, or roasted, or otherwise submitted to a high temperature for a prolonged period, and it becomes a tasteless, lethargic substance which can be of no more use to the stomach than so much ash or hair. It is obvious, therefore, that the temperature of the food is a view that articles of diet can be called nutritious in proportion to their concentration. About this there can be no question. Milk, when fresh, and the pump is worth so much less than pure milk, and a pound of beef-stalk sustains a man longer, and a pint of val-tender.

The attainment of nutritiousness by concentration is of considerable importance to travelers and in military medicine. There are not a few strategists who attribute the success of the Germans in the first half of the last century to the fact that they were supplied to them by the sausage-makers of Berlin. Concentration of viands carried to excess, however, is not so advantageous. It usually produces a condition of the system which is manifest by a diminution in the secretion of urine and its condensed condition; while, on the other hand, if dilution is excessive, growth and the action of the kidneys is excessive. Now, the urine of young persons is naturally of lower specific gravity than that of more advanced age, and it is found to equal in density the excretion of full growth, or, if it is observed to be voided but rarely, it should be more frequent, so as not to overload the stomach.

An over-concentrated diet often induces constipation, and should be counteracted by the use of vegetables and other dilute appetizing dishes, and never by purgative drugs. The habit of taking a condiment, such as mustard, is a very common one, and has the further advantage of preventing that tendency to indigestion which is so common in the young. It is not necessary to be particularly uncomfy found in youth nor in old age, but in animal food. A softness or friability of the gums is the sign of it. If the mouth is not cleaned after the application of a tooth-brush, the use of fresh vegetables at every meal should be enforced.

The young are peculiarly liable to be affected by poisons conveyed in fluids. Their sensitive frames absorb quickly, and quickly turn to evil account such substances, even when diluted to a extent which makes them harmless to adults. The water, therefore, with which families, and still more with which schools, are supplied, should be carefully subjected to analysis. Wherever a trace of lead is found, means should be adopted to remove the source of it; and organic products should be their origin carefully accounted for, and all possibility of sewage contamination excluded. These precautions are essential, in spite of the growth-up portion of the household having habitually used the water.

Fresh milk has long had a bad popular reputation as occasionally conveying fever, and in some parts of Ireland the peasantry can hardly be prevailed upon to take it "raw." This is quite irrespective of the state of the cattle which furnish it; no cases of disease thus communicated have ever been traced to milk cows. It is probably always due to adulteration with some watery matter, or to the vessels being washed in that dangerous medium, or to their being exposed to air charged with elements of contagion.

Up to the period of full development, the daily use of wine should be allowed only during illness, and the exercise of the muscular system, and its habitual consumption by healthy children hastens forward the crisis of puberty, checks growth, and habituates to its artificial stimulation induced by alcohol.

Diet for Bodily Labor.—It seems certain that the old theory of the necessity of a large quantity of the force exhibited in muscular movements to the oxidation of muscular tissue, is untenable. There is not room for the material of energy to be destroyed and carried away as urea and other nitrogenous excretions—to generate so much force, as measured by the method of Joule. On the other hand, Traube goes so far when he would make out that in the performance of muscular work the metabolism of the organism is not so much affected, and that the energy of the muscular contraction is not so much exhausted, as is supposed. It is not so much the prolonged acts of walking performed by the postman Weston in 1876 vastly increased the amount

excreted of those elements of the urine which are derived from the oxidation of muscular tissue. In the urea formed by the destructive assimilation of connective tissue, and the phosphates whose main source is nervous tissue, were such nearly doubled during and shortly after the extraordinary strain upon those parts of the body. As might be expected, the muscular waste was such as to get harder work, and requires to be repaired immediately by an enhanced quantity of new material, or it will be the result of the power of repair is daily supply, therefore, of digestible nitrogenous food is not so much increased, as is supposed, even the muscular exercise is increased. In the recent extension of railways in Ireland, the progress was retarded by the sick who "dropped" the Sardinian navies, compared with that got through by the English gales. The former took scarcely any rest, preferring to save the wages expended by their comrades in that way. The idea occurred to the contractor of paying the men partly in money and partly in meat; and the result was a marked increase in the amount of work executed, which was brought nearly up to the British average. A mixed diet, with an increase in the proportion of meat when extra corporeal exertion is required, is the wholesome, as well as the most economical, for all sorts of manual laborers.

It is absolutely essential that the fleshy machinery for doing work be continuously replaced by aliment, after a few chemical changes, and replaces the lost muscle which has passed away in the oxidation, just as the engineer makes ore into steel and renews the corroded boiler-plate or thinned piston. Now, as the renewal of the plate or piston is not so much to the augmented performances of the engine, so it is a stimulus to augmented muscular action. Taken in a digestible form during exertion, it allows the exertion to be continued longer, with greater freedom from nervous exhaustion. According to the testimony of soldiers experimentally put through forced marches of 20 miles a day, with loads of half a hundredweight each, "meat makes the difference between the palm from the other reputed stimulants commonly compared with it—viz., wine and coffee. It does not put a spirit into the man, it keeps him only, but has a lasting effect. If I were ordered for continuous marching, and had my choice, I would certainly take the most certain," said an experienced sergeant to Dr. Parkes, who was the conductor of the experiments alluded to.

When the continuous repair of the muscular machinery is fully secured, "a production of heat and strength" may be more readily provided for by vegetable aliment, by reason of its being more abundant in what it contains. In assigning their physiological and chemical value to food, nearly all the authorities are in the habit of referring to the business of begetting active force, and would be ascribed to the solid hydrocarbons, starch and fat, but less consequent attention is usually given to the process—which in the body we confessedly are not so apt to appreciate, and which is of no inconsiderable importance that these elements of diet should be furnished in sufficient quantity, and in a digestible form. In addition to the solid hydrocarbons, an additional sootily work, not only should the stimulus of animal food be attended to, but the bulk of starch and fat in the rations should be augmented even in a larger proportion, for these elements are the most direct contributors of force.

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