

## "AN IDEAL DIET."

### DR. ARTHUR'S LIST.

Sydney, October 20.

Giving evidence before the Cost of Living Commission to-day, Dr. Richard Arthur said the use of meat by the worker in Australia was excessive. The dietic value of margarine was just as great as that of butter. Vegetables and fruit were pleasant to the palate, but they were not absolutely necessary. For a family of five persons, including three children, he had worked out a dietic list as follows:—Twenty lb. of bread, 18 lb. of meat, 7 quarts of milk, 1½ lb. of butter, 4 lb. of sugar, 1 lb. of jam, 2 lb. of split peas, 2 lb. of rice, 3 lb. of oatmeal, 1 lb. of raisins, 1½ lb. of potatoes, 1 lb. of suet, 4 lb. of flour, 5 lb. of vegetables, and 2 lb. of treacle or golden syrup. He had not included eggs, because their value compared with their cost was very small. One lb. of meat was worth 10 eggs.

Replying to Mr. Connington, the witness stated that the food value of vegetables was practically nil. An ounce of oatmeal was worth a great deal more than an ounce of cabbage. He considered such a diet as suggested by him would be ample for any person. In his opinion it was a maximum and a minimum, or in reality an ideal diet.

Mr. Connington—Is there any difference in the nutriment of lean and fat meat?

Dr. Arthur—There is no difference in the nutriment of equal quantities. It all depends upon the mastication given to the food. Of course it would also depend a good deal upon the fat that is contained in the muscular tissue. A vegetarian diet for the average person is not to be recommended. Scientific knowledge has to be brought to bear in the matter of vegetarianism, otherwise serious consequences may follow. A vegetable diet pure and simple is exceedingly undesirable. Tea is really of no nutritive value. It is a pleasant addition to any diet and that is all.