

brought on shore. On the second trip the four others, which were brought on shore, and with the rest conveyed on a fish barrow to the wicker's cabin before dawn.

Food for Thinkers and Workers.

There is no subject with which everybody has so much to do, and in respect to which so many people know so little. The subject of food is an unpleasant one, so we propose to say nothing about it. The subject of food is a very agreeable one, and we shall there continue our remarks to it.

There are three necessities for the use of food. The body would make but one—"Causa sui." The gourmand would say, "Because it tastes good." Physiology says, "One object of food is to keep up animal heat; another to give strength to the bones and muscles; a third to support the brain and nerves, thereby giving power to thought and feeling." In nearly all kinds of food the elements required for the support of the system are found, but these ingredients do not exist in all articles in the right proportions. Speaking scientifically, phosphorus is used up in thinking; nitrogen is used in working the muscles and carbon in furnishing animal heat and fat. Men who think should use the kinds of food adapted for the support of the brain and nervous system; those who work with the muscles should use those articles of food containing the material in a large degree which sustains muscle; those who go into cold climates or are exposed to the cold, and have not much physical labor to perform, should eat more bountifully of the food which promotes animal heat and fat. But how few men know what to eat! We have seen lawyers during court time, come to the table and eat roast pork, rice or Indian pudding highly spiced, and wind up with mince pie and cheese. They understood the statute laws, but not the laws of the human body, and their causes and clients suffered from the muddy state of intellect induced by their ill-selected food. The dinner might have answered for a stage-driver or a man going into the forest for a load of wood, with the thermometer at zero. In old times, baked beans and pork constituted the Sunday food in New England, and an old diva carefully and minutely undertook to estimate the number of "tons of beans and pork preached to in New England every Sunday while the owners were asleep." This illustrates one point, that those who are expected to be skillful and thoughtful should not eat food chiefly adapted to produce heat and fat, and sleep.

We are often asked to give in the Journal a list of articles of food which furnish support for brain, and is therefore fit for thinkers and students. We are also often asked to give a list of articles best adapted to support muscular power. We can not here do more than give a few hints.

Those who expect to think should not eat much food which simply produces warmth and fat, such as ham fat pork, white bread, butter, rice, tapioca, and starch. These contain very little phosphoric food, being chiefly carbonaceous.

Prof. Agassiz says, "fish enters largely into the requisition of the human system. It is a kind of food which refreshes the system especially after intellectual fatigue. There is no other article of food that supplies the diet of the head so thoroughly as fish diet. Fish contains phosphorus to a large extent, a chemical element which the brain requires for growth and life. He would not say that exclusive use of fish would make a blockhead a wise man, but that the brain would not be wanting in one of its essential elements." Man can not, however, live on fish alone because most fish are not fat enough to furnish the heat-producing element in sufficient quantity. The amount of phosphoric acid supporting food contained in the flesh of animals is in proportion to the activity of that animal; those of great activity, such as the canary-bird, for instance, secure food which feeds brain, nerve, and muscle, but does not contain fat. The flesh of the trout, the pickerel, or salmon impart more mental and physical vigor to the eater than the flesh of comparatively dormant fish, like the eel and flounder. The flesh of wild animals such as the bison or deer and bear, promote activity in the eater more than the stall fed ox, sheep or hog. Wild game generally is considered better food, especially for the convalescent, than the fattened domestic turkey or goose. Barley, oats and wheat ground without boiling, furnished food for brain; but lawyers, ministers and students eat the white, superior or bolted wheat bread, and go to sleep. That which would fatten a pig and give him no desire to exercise or to think, is eaten by the learned and refined of the human race who look in pity upon the poor peasant following the plow; because he is obliged to eat his brown loaf, which brown loaf and cheap fish and wild game contain the ingredient to brain work, in which poems, orations and art are conceived and nursed.

Proper food for laboring men—We mean those who have to exercise muscular strength chiefly—should be that which contains the greatest amount of nitrogen. Among these articles barley and cheese stand high. The red flesh of the ox or sheep and unbolted bread are the leading articles. Men who train prize-fighters seem to understand much better than others how to build up physical strength and endurance. When their battle or their race is ended, they lay aside their unbolted bread and fruit, their lean beef and mutton, and fall into their old habits of liquor drinking and of eating starch-bearing articles, such as rice, fine bread, pudding with fat meat and butter, and they soon become as fat and lazy as these carbonaceous articles can make them.

If a man wants to stand the cold, he may eat buckwheat cakes with butter, sirup, fat pork and white beans; but let him look out, when hot weather comes, for bilious fevers, pimples on the face, and a rank smell of the whole system; and a muddy, dirty complexion. Men living at the north pole, or near it, can drink fish oil by the quart, or eat pounds of eel tallow, and the cold climate will burn it out; but in warm or temperate regions the food should be selected as to furnish nourishment for muscle, bone, brain, and warmth in proper proportions.

Many persons say our "must eat meat to produce brain and muscle," and we are of the opinion that it is true. If not what vegetable food is best to produce brain? We have a few articles of diet showing how many parts in a hundred each has in the natural state for the production of three prime elements of nutrition: 37, muscle,

bones and brain, and heat. We give the amounts in units and decimals. That which is left is water and waste:

Nitrate of Potash	Phosphate of Potash	Carbonates of Potash	Sulphate of Potash	Muscle		Brain		Heat	
				Units	Decimals	Units	Decimals	Units	Decimals
100 parts									
Beef	1.2	0.8	0.4	1.0	0.8	1.0	0.8	1.0	0.8
Veal	1.1	0.7	0.3	0.9	0.7	0.9	0.7	0.9	0.7
Mutton	1.3	0.9	0.5	1.1	0.9	1.1	0.9	1.1	0.9
Pork	1.4	1.0	0.6	1.2	1.0	1.2	1.0	1.2	1.0
Lard	1.5	1.1	0.7	1.3	1.1	1.3	1.1	1.3	1.1
Yeast	1.6	1.2	0.8	1.4	1.2	1.4	1.2	1.4	1.2
Butter	1.7	1.3	0.9	1.5	1.3	1.5	1.3	1.5	1.3
Milk	1.8	1.4	1.0	1.6	1.4	1.6	1.4	1.6	1.4
Wheat	1.9	1.5	1.1	1.7	1.5	1.7	1.5	1.7	1.5
Rice	2.0	1.6	1.2	1.8	1.6	1.8	1.6	1.8	1.6
Barley	2.1	1.7	1.3	1.9	1.7	1.9	1.7	1.9	1.7
Oats	2.2	1.8	1.4	2.0	1.8	2.0	1.8	2.0	1.8
Wheat Flour	2.3	1.9	1.5	2.1	1.9	2.1	1.9	2.1	1.9
Rice Flour	2.4	2.0	1.6	2.2	2.0	2.2	2.0	2.2	2.0
Butter	2.5	2.1	1.7	2.3	2.1	2.3	2.1	2.3	2.1
Milk	2.6	2.2	1.8	2.4	2.2	2.4	2.2	2.4	2.2
Wheat	2.7	2.3	1.9	2.5	2.3	2.5	2.3	2.5	2.3
Rice	2.8	2.4	2.0	2.6	2.4	2.6	2.4	2.6	2.4
Barley	2.9	2.5	2.1	2.7	2.5	2.7	2.5	2.7	2.5
Oats	3.0	2.6	2.2	2.8	2.6	2.8	2.6	2.8	2.6
Wheat Flour	3.1	2.7	2.3	2.9	2.7	2.9	2.7	2.9	2.7
Rice Flour	3.2	2.8	2.4	3.0	2.8	3.0	2.8	3.0	2.8
Butter	3.3	2.9	2.5	3.1	2.9	3.1	2.9	3.1	2.9
Milk	3.4	3.0	2.6	3.2	3.0	3.2	3.0	3.2	3.0
Wheat	3.5	3.1	2.7	3.3	3.1	3.3	3.1	3.3	3.1
Rice	3.6	3.2	2.8	3.4	3.2	3.4	3.2	3.4	3.2
Barley	3.7	3.3	2.9	3.5	3.3	3.5	3.3	3.5	3.3
Oats	3.8	3.4	3.0	3.6	3.4	3.6	3.4	3.6	3.4
Wheat Flour	3.9	3.5	3.1	3.7	3.5	3.7	3.5	3.7	3.5
Rice Flour	4.0	3.6	3.2	3.8	3.6	3.8	3.6	3.8	3.6
Butter	4.1	3.7	3.3	3.9	3.7	3.9	3.7	3.9	3.7
Milk	4.2	3.8	3.4	4.0	3.8	4.0	3.8	4.0	3.8
Wheat	4.3	3.9	3.5	4.1	3.9	4.1	3.9	4.1	3.9
Rice	4.4	4.0	3.6	4.2	4.0	4.2	4.0	4.2	4.0
Barley	4.5	4.1	3.7	4.3	4.1	4.3	4.1	4.3	4.1
Oats	4.6	4.2	3.8	4.4	4.2	4.4	4.2	4.4	4.2
Wheat Flour	4.7	4.3	3.9	4.5	4.3	4.5	4.3	4.5	4.3
Rice Flour	4.8	4.4	4.0	4.6	4.4	4.6	4.4	4.6	4.4
Butter	4.9	4.5	4.1	4.7	4.5	4.7	4.5	4.7	4.5
Milk	5.0	4.6	4.2	4.8	4.6	4.8	4.6	4.8	4.6
Wheat	5.1	4.7	4.3	4.9	4.7	4.9	4.7	4.9	4.7
Rice	5.2	4.8	4.4	5.0	4.8	5.0	4.8	5.0	4.8
Barley	5.3	4.9	4.5	5.1	4.9	5.1	4.9	5.1	4.9
Oats	5.4	5.0	4.6	5.2	5.0	5.2	5.0	5.2	5.0
Wheat Flour	5.5	5.1	4.7	5.3	5.1	5.3	5.1	5.3	5.1
Rice Flour	5.6	5.2	4.8	5.4	5.2	5.4	5.2	5.4	5.2
Butter	5.7	5.3	4.9	5.5	5.3	5.5	5.3	5.5	5.3
Milk	5.8	5.4	5.0	5.6	5.4	5.6	5.4	5.6	5.4
Wheat	5.9	5.5	5.1	5.7	5.5	5.7	5.5	5.7	5.5
Rice	6.0	5.6	5.2	5.8	5.6	5.8	5.6	5.8	5.6
Barley	6.1	5.7	5.3	5.9	5.7	5.9	5.7	5.9	5.7
Oats	6.2	5.8	5.4	6.0	5.8	6.0	5.8	6.0	5.8
Wheat Flour	6.3	5.9	5.5	6.1	5.9	6.1	5.9	6.1	5.9
Rice Flour	6.4	6.0	5.6	6.2	6.0	6.2	6.0	6.2	6.0
Butter	6.5	6.1	5.7	6.3	6.1	6.3	6.1	6.3	6.1
Milk	6.6	6.2	5.8	6.4	6.2	6.4	6.2	6.4	6.2
Wheat	6.7	6.3	5.9	6.5	6.3	6.5	6.3	6.5	6.3
Rice	6.8	6.4	6.0	6.6	6.4	6.6	6.4	6.6	6.4
Barley	6.9	6.5	6.1	6.7	6.5	6.7	6.5	6.7	6.5
Oats	7.0	6.6	6.2	6.8	6.6	6.8	6.6	6.8	6.6
Wheat Flour	7.1	6.7	6.3	6.9	6.7	6.9	6.7	6.9	6.7
Rice Flour	7.2	6.8	6.4	7.0	6.8	7.0	6.8	7.0	6.8
Butter	7.3	6.9	6.5	7.1	6.9	7.1	6.9	7.1	6.9
Milk	7.4	7.0	6.6	7.2	7.0	7.2	7.0	7.2	7.0
Wheat	7.5	7.1	6.7	7.3	7.1	7.3	7.1	7.3	7.1
Rice	7.6	7.2	6.8	7.4	7.2	7.4	7.2	7.4	7.2
Barley	7.7	7.3	6.9	7.5	7.3	7.5	7.3	7.5	7.3
Oats	7.8	7.4	7.0	7.6	7.4	7.6	7.4	7.6	7.4
Wheat Flour	7.9	7.5	7.1	7.7	7.5	7.7	7.5	7.7	7.5
Rice Flour	8.0	7.6	7.2	7.8	7.6	7.8	7.6	7.8	7.6
Butter	8.1	7.7	7.3	7.9	7.7	7.9	7.7	7.9	7.7
Milk	8.2	7.8	7.4	8.0	7.8	8.0	7.8	8.0	7.8
Wheat	8.3	7.9	7.5	8.1	7.9	8.1	7.9	8.1	7.9
Rice	8.4	8.0	7.6	8.2	8.0	8.2	8.0	8.2	8.0
Barley	8.5	8.1	7.7	8.3	8.1	8.3	8.1	8.3	8.1
Oats	8.6	8.2	7.8	8.4	8.2	8.4	8.2	8.4	8.2
Wheat Flour	8.7	8.3	7.9	8.5	8.3	8.5	8.3	8.5	8.3
Rice Flour	8.8	8.4	8.0	8.6	8.4	8.6	8.4	8.6	8.4
Butter	8.9	8.5	8.1	8.7	8.5	8.7	8.5	8.7	8.5
Milk	9.0	8.6	8.2	8.8	8.6	8.8	8.6	8.8	8.6
Wheat	9.1	8.7	8.3	8.9	8.7	8.9	8.7	8.9	8.7
Rice	9.2	8.8	8.4	9.0	8.8	9.0	8.8	9.0	8.8
Barley	9.3	8.9	8.5	9.1	8.9	9.1	8.9	9.1	8.9
Oats	9.4	9.0	8.6	9.2	9.0	9.2	9.0	9.2	9.0
Wheat Flour	9.5	9.1	8.7	9.3	9.1	9.3	9.1	9.3	9.1
Rice Flour	9.6	9.2	8.8	9.4	9.2	9.4	9.2	9.4	9.2
Butter	9.7	9.3	8.9	9.5	9.3	9.5	9.3	9.5	9.3
Milk	9.8	9.4	9.0	9.6	9.4	9.6	9.4	9.6	9.4
Wheat	9.9	9.5	9.1	9.7	9.5	9.7	9.5	9.7	9.5
Rice	10.0	9.6	9.2	9.8	9.6	9.8	9.6	9.8	9.6

GRAINS, FRUITS, AND VEGETABLES.

The student should eat articles which are pretty largely charged with phosphates or broths; the laborer, those articles containing nitrate or food for muscle; and those who are much exposed to cold, but not required to exert muscular strength, that kind of food which is largely charged with carbonates or heat producers.

We regret to see poor women go to market with a big basket and a slender purse on Saturday night to buy food for her hungry, thin-clad children. And what do these women get? Turnips, cabbage, beets, carrots, potatoes, and fish. They carry home a load but their green vegetables are from 75 to 95 per cent. water, and the nutrition which is obtained is very little; whereas if they would put half the money into corn meal, wheat meal, white beans, and mutton, they could live grandly on it and have the rest for the purchase of fuel and clothes. But the rich delicatessen flour, cake, butter, pies, fat poultry, nice fat beef, coffee four times too much carbon, and not half enough phosphorus or nitrogen for brain and muscle. One class starve get poor weak sickly and die of marasmus; while the others who are able to have everything, become dyspeptic, feverish, and diseased from the extra richness of their food. Men should not live by bread alone, especially superfine bread. If one eats wheat meal bread and uses milk he will find in these two articles all the elements which the system requires in just about the right proportion. But who knows how to eat? The old prayer in its application to the most of us should be extended—"Give us this day our daily food, and tell us what kind of food we should daily eat." This prayer is really answered by chemistry and physiology; and the world turns up its precious nose at the studies of chemistry and physiology as applied to the kitchen and the stomach. It does very well to compound medicines and hair dyes, cosmetics, paints, dyes, stuffs, material for manufacture and commerce; but when chemistry in cooking is the subject, science is flouted and folly and appetite are enthroned.—*Phenological Journal.*

Correspondence.

To Herbert Bell, Esq., M. L. C.

Sir:—You have through the medium of the *Patriot* of the 25th inst., announced to the world the distrust which you entertain of the honesty of the conduct of the Government, relative to the construction of a railroad in this Island. The distrust, you would have us believe, originated from convictions purely honest. Certainly the best and most plausible pretext that a politician can possibly assume for seeking from any people or party, is honesty of intention. Yet, the simple fact of a public man, laying claim to purity of principle, and honesty of intention, is not, in itself sufficient to establish for him an unquestionable reputation for such. Whilst in the capacity of a public man, you use, not withstanding your pretensions to every principle of honesty, loyalty and patriotism, it matters not how reluctantly, to have your public actions narrowly criticized by an intelligent and discerning public who are ever jealous of their rights and liberties. When once the inconsistency of a public man is detected and exposed, the public are ever after disinclined to repose in him any degree of confidence; and experience has demonstrated conclusively, that where men of various natures have been under certain circumstances, intrusted with public confidence, they have invariably found in their avidity to promote their sinister and ambitious motives, to have proven recreant to the charge imposed in them.

Now, Sir, you are a man who, in your electioneering campaign, labored most energetically to impress the public with the conviction, that you are in all your public actions guided by motives the most consistent and patriotic; yet your political career is characterized by transactions in principle, the most unjustifiable, and the most glaringly inconsistent. This fact is painful to record, but it is nevertheless true; and it is a fact which you are bound to acknowledge, and which you are bound to justify, if you are not bound to resign your office.

You are a man who, in your electioneering campaign, labored most energetically to impress the public with the conviction, that you are in all your public actions guided by motives the most consistent and patriotic; yet your political career is characterized by transactions in principle, the most unjustifiable, and the most glaringly inconsistent. This fact is painful to record, but it is nevertheless true; and it is a fact which you are bound to acknowledge, and which you are bound to justify, if you are not bound to resign your office.

what impaired by the untruthful and malicious defamations of unprincipled scribes and sneaking politicians of the Laird and Reilly stamp. You imagine, no doubt, that the Government should inevitably be obliged to yield to the concentrated and indescribably formidable opposition of the hungry office-seeking Laird and Reilly, and then you will experience the ineffable pleasure of again returning to the throbbing bosom of your beloved David, to make glad with him in the days of his prosperity, and unparalleled greatness; and to become a participant in the honors and emoluments which an adoring and grateful country will unparalytically lavish on him, for the inestimable services he has so disinterestedly rendered, in resigning her from the splashing grasp of a cruel Railroad King. Oh! how ardently you must yearn for the time, when you shall realize, to the fullest extent, your pleasant and dreamy anticipations;—when you shall sit in the company of David and rule with moderation, wisdom and justice, the councils of your Country; when there shall be no jobbery, no fraud, no partiality, all honesty and all justice, under the sage and saintly administration of the sanctified David? Is not a reformation as fascinatingly grand to be devoutly wished for?

I am, Sir, yours truly,
T. W. W. SULLIVAN.

Sir,—I have read your letter and will reply. Like all lawyers, or perhaps more properly speaking, all philologists, who have a bad case, you commence by running down the opposite counsel. At the time the present *Coalition* was formed, I published, under my own signature in the columns of the *Patriot*, the reasons for which the Catholic members withdrew from the late Liberal Party, and the "mumbo" was also published in each of the Island journals. The press could not have escaped your notice, and the facts were as stated to you then as now. Yet—*Salvate, eternal shame be upon you!*—you sought, cap in hand, for the Solicitor Generalship under the government you now assail as loudly as you then praised.

After being refused, you wished Thomas Kelly Esq., appointed; not from him, but merely to make a pretext of him to satiate your unquenchable hatred of Mr. Reilly. The Hon. Edmund McNeill pressed your claim with great deal of earnestness, and finally succeeded in having your name balloted for in connection with Messrs. Kelly and Reilly, which resulted in the favor of the latter. A short time afterwards, you repaid his kindness by exposing him in his own district, and with your usual political luck you were returned to your office, but not to the solicitor generalship. Taking all these facts together, it will be apparent to any impartial mind that you are a "cowardly, double dealing political snake," whose whole political career may be summed up in one word—Sullivan!

There are two words you are fond of using—"a scholar and a gentleman." As a scholar, I am sure the late Doctor St. Dunstan's must laugh at your claims, as a scholastic of yours, not far from my elbow, has informed me that no greater "hundreded" has ever graced his hall. I would like to see the certificate of scholarship which my friend, Professor Roche, of the Normal School, would give you; it would be worth framing and hanging up in every school in the Island, as an example to the rising generation, and as a monument to your lofty genius.

The Hon. Joseph Howe, in one of his published speeches, in speaking of such scholars as you, said, "I could point to six or seven barristers who have gone through his ordeal (studying law) and have been admitted to the bar of Nova Scotia, who are hardly a grade above the idiot, or fit to herd geese upon a common."

If all your scholastic attainments, with your legal ones thrown in, were published what a book they would make! Sullivan's spellings superadded would be nothing to it. But if you are never known of either was published in another, I leave the "ten-year-old school boy" to judge which would be the greatest. Verily in your case, "a little learning is a dangerous thing."

As a "gentleman," I need not remind you that those who conduct themselves as such, seldom get kicked out into the street from any unpublished letters that would disgrace any "political politician," for the abuse of those who fill high and holy places in the church of your fathers.

I pronounced your election card not "heretical," but, like yourself, a two-faced one; and if anything is wanting to substantiate that statement it may be found in your speech on late nomination days in Charlottetown, wherein you state you were opposed to the establishment of Roman Catholicism. It was but just and right if Roman Catholics were called on to support the Prince of Wales College, to give them the proportionate share of support for St. Dunstan's College. But it would be better to disown them both. What a political Moser! How accommodating the dog in the manger policy. Take your choice.

You next insinuate that I endeavored, when Mr. Tilley was here a couple of years ago, to sell your country by trying to induce leading Catholics, in Charlottetown, to support confederation on condition of getting a railway through the Island.

This I deny as utterly false, and I challenge you to publish, over the signatures of the leading Catholics of Charlottetown, any such statement. When you have done this, and I should think you would the powder, I may have something more to say to such an accomplished "Scholar and gentleman" save the mark! Mendacious allow me to subscribe myself!

Yours respectfully,
GEORGE W. FOWLER,
Alberton, Dec. 7, 1871.

For the Examiner.

To the Irishmen of P. E. Island.

FELLOW COUNTRYMEN—If you wish to condemn all those who attempt to caricature the Irish character, just read the production in the last *Herald*; signed "BRUNET McGOWAN." If it must have been written by David Laird or Donald Currie for an Irish Professor Currie would not write it, nor neither dare he

allow such an insult to the Irish character into the columns of the *Herald*, with his knowledge. Who, in the Island, ever heard of an Irishman or woman (even the most vulgar) using such words as, "howsunder, shake, shure arnt," and a number more of odious expressions. Irish men, let Professor Currie and Mr. Reilly know that you will not tolerate such dirty caricatures of the Irish character, which is too bad to be used by the most depraved. Let the Editors know your abhorrence of such abominable language.

There is no use in enlarging on it; just procure the *Herald* of the 25th November, 1871, and judge for yourselves, whether such productions are suitable for your children to read. Professor Currie must be held accountable for such vile productions appearing in his paper, until he denies them under his own proper signature.

I am, &c.,
IRISHMAN.

P. S.—Let the Professor caricature his own countrymen, and let the Irish abroad; and if not, he will be taught a lesson, some fine morning, by the withdrawal of three or four hundred subscribers.

We cheerfully transfer to our columns from the *Patriot* of Thursday last, the following letter, Mr. McNeill has been for a number of years closely connected with our Education System. He is the main spring of the Board of Education, and by his advice and counsel, has gained the confidence and esteem of the Teachers of Prince Edward Island—*Ed. Es.*

To the Teachers of P. E. Island.

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