

Special Summer meeting held July 27th at which an address was given by a delegate from the Department of Agriculture on the subject of "The Nutrition of the Human Race".

Minutes were

Miss Gray that the minutes be passed
over to the

minutes

Miss Gray the delegate from the Department gave an address on a subject which is not usually sufficiently appreciated in ordinary domestic life, namely "The Analysis of Foods and the importance of having a properly balanced diet". She explained the different elements contained in food and its relation to the human economy and the importance of getting out the foods best suited to our needs. A man with a position requiring little physical exertion would not require the same food as a man who for example cut pulp wood. She said that we should be careful to see that the children had the proper kinds of food to grow strong healthy bodies. Miss Gray invited everyone to ask questions which they did each having some bearing on her address.

After Miss Gray ended her address Mr. Gross (the delegate from the Dept. who was to address the first meeting in the evening) gave a short address and told some funny stories.

Miss W. A. Byrd