

**WHAT LONDON EATS**  
SEVEN AND A HALF BILLION POUNDS  
EVERY YEAR.

Three Hundred and Twenty Pounds of  
Bread to Every Man, Woman and  
Child—125 Pounds of Meat Per Head  
—75 Pounds of Milk Daily for Every  
Inhabitant—Takes Produce of Three  
Hundred Miles Square.

The most marvellous feature of the life of London is probably the provision, day by day, with the regularity of a machine, of food for its six-and-a-quarter million inhabitants. From every county in the kingdom, and from every country in the globe, flows in a stream of supplies, on a scale so vast as to be almost inconceivable.

In an average year over 1,000,000 sacks of flour and 2,500,000 quarters of wheat come in by rail and sea; one-sixth from our own lands, about one-sixth from Canada, Australia, and other colonies and four-sixths chiefly from the United States, Russia, and India. Enough of this is retained in London to make close on 2,000,000,000 pounds of bread, giving about 320 pounds to every man, woman and child.

To grind the wheat, London has 1,500 millers and millhands, while there are 13,523 bakers, biscuit and cake-makers, and 11,516 sellers of bread and confectionery.

It is said that 2 pounds of bread per day is sufficient to support life, and consequently these two thousand million pounds constitute nearly half of London's food.

But quite as important is meat, the muscle-maker.

Only one-third of the meat used in London is home-grown. Each year we increase our dependence on foreign countries. But we get from the United States, Argentina, Queens-land, and New Zealand; mutton from New Zealand; "New South Wales," Argentina, and Holland; bacon from Canada; the United States and Denmark; Australia sends 10,000 tons; and Belgium 4,000 tons of rabbits; while most of the foreign poultry comes from the northern ports of Russia.

London's Meat Bill.

Altogether, London receives alive or dead 9,000,000 cwt., or 1,005,000,000 lbs. Beef is the largest item, amounting to 4,000,000 cwt., cattle and lamb the next, totalling 3,400,000 cwt., while the remaining 1,600,000 cwt. are made up of bacon, pork, ham, rabbits, poultry and game.

All this meat is consumed in London every inhabitant would have 160 lbs. per annum, but much of it is distributed to the provinces, so that London's real consumption is about 125 lbs. per head, equal to 782,000,000 lbs. for Greater London.

To deal with the supply of cattle, sheep and lambs, London has 1,200 dealers, as well as 185 cattle, sheep and pig salesmen, and 316 drovers. These are the figures of the County of London only.

Of fish, the supply is immense. At Billingsgate Market, over 180,000 tons, or 403,200,000 lbs., are disposed of in a year. Shadwell deals with seventeen or eighteen thousand tons. And a large quantity is sold by "private" contract.

Then there is the fresh-water fish, some twenty thousand hundred-weight of salmon, principally from Scotland and Ireland, being sold at Billingsgate, and large quantities otherwise disposed of. There are thirty-six million oysters from Whitstable, Burslem and Southend, and ten or more millions of foreign oysters. And there is a vast quantity of dried salmon, sardines, etc., to be added.

Tonally, all sorts of fish, it is found that Londoners eat 75 lbs. per head, which is equal to 450,000 lbs. weekly.

**Weekly Consumption.**

Bread	6	lb.
Meat	2	lb.
Fish	1	lb.
Butter and Margarine	6	lb.
Eggs, six	6	lb.
Potatoes	8	lb.
Other vegetables and fruits	8	lb.
Sugar	1	lb.
Milk	2	pints
Cheese	1	lb.
Wine	1	lb.
Beer	1	lb.
Bacon	6	lb.
Meat	2	lb.
Butter	1	lb.
Potatoes	4	lb.
Vegetables	3	lb.
Sugar	1	lb.
Milk	2	pints
Cheese	1	lb.
Wine	1	lb.
Beer	1	lb.

What Professor Moseley says is that the average adult ought to eat 16 lbs. of meat weekly, 1 lb. of bread, 1 lb. of bacon, 1 lb. of meat, 1 lb. of butter, 1 lb. of potatoes, 1 lb. of vegetables, 1 lb. of sugar, 2 pints of milk, and 1 lb. of cheese.

The opening of disease is often found in a weak heart, the attack of which, when the body becomes weak, ends by lack of nutrition and disease attacks the liver.

Where a camel's head goes his body follows," says an Oriental proverb.

It's the same way with disease. A small opening will give it an entrance and when disease once has a place in the body a large number of ills may follow it.

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Frank Daples in Stockings.

Downing the Bank of New Brunswick, there is a room which is not the general public, but a room for officials, a room for the class of people who are not to be seen.

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