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ANNOUNCEMENTS.

CONVOCAATION.

The following exercises will be given at the convocation this week:
Wednesday, Dr. F. S. Stein, "Opportunities for Young Men and Women."
Thursday, Chief H. V. Hoagland.
Friday, music.

NON-COM. HOP.

The hop to be given by the non-commissioned officers of the battalion will be held Thursday, May 1, at Walsh hall. The committee announce that blouses and white ducks will be the proper apparel for the gentlemen.
The committee in charge of the affair is: F. R. Beers, chairman; H. R. Groff, master of ceremonies. There seems to be an erroneous opinion out that the hop is only for non-commissioned officers. This is not the case, as it is open to the general university public.

FLESH FOODS A SECOND-HAND DIETARY.

The popular idea prevails that some of the important products of the vegetable kingdom are refined or purified by passing through the stomach of an animal, so the flesh foods are more perfectly adapted to supply the needs of the human body than are the products of the vegetable kingdom. But this is an error recognized by every physiologist. The vegetable builds up, while the animal tears down; the vegetable stores energy, while the animal expends energy. The work of the vegetable is to store energy and to build living substance; there is no waste, no excreta, and hence no need for eliminative organs. There is nothing in the vegetable which corresponds to the kidneys or the liver in human beings. In corn, wheat, fruits, nuts, and other vegetable foods, energy-containing material is presented in the purest state, uncontaminated by the poisons which naturally result from the activities of animal life, and which are generated in every animal form in such abundance that special organs, such as the skin, liver, lungs, and stomach, are required to maintain constant activity, and to remove from the body the flood of poisons continually poured into the blood from the tissues, and which destroy life in a few minutes if retained.

It is thus apparent that the ear of corn is better prepared to furnish energy and life to the eater when taken straight from the hand of nature, than after it has been swallowed by a pig and rolled about in the mud for a month or more. An eminent English authority on dietetics, Dr. Robert Hutchinson, Professor in the London Hospital and Medical College, and a physician of recognized high standing, has recently published an exhaustive work on "Food and Dietetics" in which he discusses at some length the food value of nuts and nut products. We note that the distinguished author has made an appreciative study of nut butter, nuttolene, bromose, and other products devised and manufactured by the Sanitas Nut Food Company.

We are a strictly vegetarian Hygienic Cafe, and would be pleased to have you dine with us; 316 So. 12th St.

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