FOOD AND HEALTH.

PHYSICAL BASIS OF LIFE.

An audience filled to the doors of the Prince of Wales Theatre, Adelaide University, attended an interesting and instructive lecture on "The Physiology of Everyday Life" by Professor Robert Robertson on Tuesday evening. The physical aspects of the subject dealt with were given a careful and lucid exposition.

The lecture, which was delivered by Professor Robert Robertson, dealt with the physical aspects of life and the nutritional elements which are essential for maintaining health and well-being. The lecture also touched on the role of vitamins and minerals in maintaining health and preventing disease.

NECESSITIES IN DIET.

VALUE OF MEAT, EGGS, AND MILK.

The physical basis of life, the need for a sufficient variety of food, and the need for a balanced diet were all discussed in the lecture. The importance of protein as a source of energy and as a building block for the body was emphasized. The lecture also highlighted the importance of vitamins and minerals in maintaining health and preventing disease.

The lecture was well-received and many members of the audience expressed their appreciation for the enlightening and informative presentation. The lecture was a valuable contribution to the understanding of the physical basis of life and the importance of a balanced diet for maintaining health and well-being.