

In 100 parts of, there is per centage of	Solid Matter.	Water.	Carbon.	Nitrogen.
Almond oil	100	0	77	0
Butter	83	17	66	n. a.
Bread	68	32	31	n. a.
Beans	87	14	38	n. a.
Blood	20	80	10	3
Beef, fresh	25	75	10	8
Beef tea	2	98	—	n. a.
Cabbage	8	92	—	0
Carrots	12	88	—	0
Cherries	25	75	—	—
Cucumbers	3	97	—	—
Candy	90	10	43	0
Egg, white of	20	80	—	—
Egg, yolk	46	54	—	—
Fish, average	20	80	—	—
Figs	84	16	—	—
Gooseberries	18	81	—	—
Hogs' lard	100	0	79	0
Isinglass	92	7	—	—
Leguminous seeds . . .	0	0	37	—
Lentils	84	16	37	—
Manna	—	40	—	—
Mutton suet	100	—	70	0
Milk of cow	13	87	—	—
Milk of ass	8	92	—	—
Milk of goat	13	86	—	—
Olive oil	100	—	77	—
Oats	79	21	40	2
Oatmeal	83	7	—	—
Oysters	13	87	36	—
Pease	84	16	—	—
Potatoes	24	76	11	—
Peaches	20	80	—	—
Pears	16	84	—	—
Poultry	23	77	—	—
Rye	83	17	39	2
Sugar, average	—	—	42	0
Starch, average	84	16	36	0
Wheat	86	14	39	2

Table V.—WARMTH AND STRENGTH.

All food contains nitrogen, the element which supplies "muscle," flesh, strength, and carbon giving warmth; some articles contain both in various proportions. The colder the weather, the more carbonised food do we require.

From the following table it will be inferred that aliment containing the largest amount of carbon should be used in winter; but cooling food, that which contains little or no carbon, such as fruits and