

through the superior haemorrhoidal and sigmoid veins, and so on to the liver through the portal vein. The veins from the lower third of the rectum pass directly to the inferior vena cava, consequently all proteid matter absorbed from the lower one-third of the rectum loses the further digestion in the liver so vital to its assimilation. If injected into the sigmoid flexure it causes less irritation, and there is less liability to rejection.

In considering the digestibility of foods their compatibility should be considered. By incompatible foods, I mean those foods which demand a widely different length of time for the completion of gastric digestion. Apples take one and one-half hours, while beets or cheese take six hours. As quickly digested parts of a meal are ready for intestinal digestion they are passed on from the stomach, leaving the more tardy parts to complete digestion. It is quite obvious that if gastric and intestinal digestion are going on simultaneously for some time both are retarded.

The second division for consideration in the selection of food, viz., their value in tissue formation, is one that is frequently underestimated. Nature always accommodates herself as far as possible to circumstances, and employs whatever material is brought to her for renewing tissue waste. It is quite evident that if inferior material is furnished, the resulting new tissue is of poor quality. This is equally true in mental or physical training, and amounts to a maximum among teachers and trainers. Scrofulous or rickety children show in the various tissues the result of improper food. With regard to what foods make the best tissues, there is room for much discussion. Some hold that flesh food is not allowable for man, while on the contrary others hold that flesh is all sufficient. Thompson remarks that, "A man cannot perform more actual muscular labor upon an exclusive diet of animal food than of starchy food. He requires abundant animal food to replace the general wear and tear of muscular tissue, but the energy for muscular contraction is not derived from nitrogenous food, but from carbohydrates, the former being used merely to keep the muscles in a state of healthy equilibrium. He who is physically feeble, and who lacks muscular power, cannot restore that power by an exclusive nitrogenous diet. A man fed upon nitrogenous diet without vegetable food may not work as well in daily labor as when given a fair proportion of the latter; but, on