

are thus decomposed. Meats, on the contrary, contain phosphate or nitrate of potash, which are stable salts. These facts explain why mutton, although containing a certain amount of potash, is unable to prevent scurvy, whereas lime-juice, for instance, with an equal quantity of this base, but in the state of super-citrate, acts as a true specific in the prevention of this disease.

One word now, with your permission, about milk and wines ; because however succulent may be all the dishes we have spoken of so far, it seems to me that the subject is rather dry, it wants liquids. Milk, like eggs, is what we call a complete food. It contains albuminous substances ; casein and lacto-protein and albumen ; fatty matter the butter ; a sugared substance, lactose ; saline principles, phosphates, and chlorides, and lastly water. Its digestion is most rapid, it is the food most quickly absorbed, requiring in the mean time the least digestive work possible. We must add that it is the nitrogenous compound which contains the smallest quantity of toxic alkaloids.

Its nutritive value is certain. Unique aliment of the child during the first months that follow its birth, milk supplies it with all the materials necessary for a rapid growth. Even with adults, milk employed alone suffices for their alimentation, and we often observe that certain patients fed on strict milky diet obtain by it a sufficient nutrition. Lastly, it is an admirable therapeutic agent in some diseases of the stomach. In ulceration of that organ, for instance, milk given exclusive of all other food and even without any drugs whatever, acts in a truly specific manner

I have, in the course of this paper repeatedly spoken of toxic alkaloids, products formed during digestion in the stomach. I think it proper to dwell a moment upon these curious phenomena which, although within the province of pathology, still have a proximate relation to alimentation and the functions of the digestive tube. You have all heard of microbes, and bacteria ; micro-organisms, the discovery of which has had such an influence upon medical doctrines in general and the theory of infectious diseases in particular.

It is to Pasteur that we owe the wonderful discovery of the role played in our planet by a whole world of infinitely small beings which, everywhere invisible and present, constitute by the manifestation of their