

DIGESTIBILITY OF FOODS

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Time of Digestion.	Kind of Food.	Preparation.	Per cent. of Nutriment.	Time of Digestion.	Ease of Digestion.
3 30	Chickens	Fricassee	27	2 45	4
3 30	Codfish	Boiled	21	2 00	5
3 20	Cucumbers	Raw	2	— —	—
3 30	Eggs	Whipped	13	1 30	7
3 30	Flour, bolted	In bread	21	— —	—
3 30	Flour, unbolted	In bread	35	— —	—
3 30	Gooseberries	Raw	19	2 00	6
3 30	Grapes	Raw	27	2 30	6
3 30	Haddock	Boiled	18	2 30	4
3 45	Melons	Raw	3	2 00	5
3 45	Milk	Raw	7	2 15	5
4 00	Mutton	Roast	30	3 15	3
4 00	Oatmeal	Baked	74	3 30	3
4 00	Oils	Raw	96	3 30	3
4 00	Pease, dry	Boiled	93	2 30	4
4 00	Peaches	Raw	20	2 00	4
4 00	Pears	Raw	10	3 30	6
4 15	Plums	Raw	29	2 30	4
4 15	Pork	Roast	21	5 15	2
4 30	Potatoes	Boiled	13	2 30	4
4 30	Rice	Boiled	88	1 00	10
4 30	Rye flour	Baked	79	3 30	3
4 30	Sole	Fried	21	3 00	4
4 30	Soup, barley	Boiled	20	1 30	7
4 30	Strawberries	Raw	12	2 00	6
5 15	Turnips	Boiled	4	3 30	8
5 30	Veal	Fried	25	4 30	2
5 30	Venison	Broiled	22	1 30	7
5 30	Wheat bread	Baked	95	3 3	3

Table IV.—ELEMENTS OF FOODS

The ultimate ingredients of all food are carbon to warm, and nitrogen to make flesh. Some have no carbon, others no nitrogen; some have both in varying proportions; all have water or waste from five to ninety per cent. The table below is the result of the researches of the ablest chemists of the age. The amount of solid matter in an article of food does not mean that amount of nutriment; for a portion of it may be woody fibre, or waste, or lime, chalk, iron, or other mineral. The cipher indicates that not one per cent. of the element is found; n. a., not ascertained; blank means no published or reliable statements have been made. The more water, the more waste; for even woody fibre and iron have their essential uses in the system.

In 100 parts of, there is per centage of	Solid Matter.	Water.	Carbon.	Nitrogen.
Arabic, gum	88	12	36	0
Artichokes	28	80	0	0
Apricots	25	75	0	n. a.
Arrowroot	82	18	36	n. a.

Ease of Digestion.

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