

RIENTS AND

Heat of
Combustion.

91.9

93.2

89.6

93.3

94.2

93.4

94.1

93.8

89.8

91.8

89.4

91.7

93.3

91.5

90.7

92.1

slightly
ed oats
except-
nent is
in the
at the
e same
of men
results
and it
ooking
of the
th the

farina, only one subject went through both experiments, and two new subjects were brought into the second part of the digestion experiment, thus somewhat destroying the value of the results.

One point worthy of special notice with all the foods is that the long cooking has not increased the percentage digestibility of the carbohydrates materially, and that the chief difference is found in the protein column. This is especially true with the oatmeals. On page 30 it was shown that long cooking increased the solubility of the proteid bodies of these materials, and this has doubtless influenced their digestibility. It will be remembered that twenty minutes' cooking rendered about twice as much of the total solids of wheat meals soluble in water as with the oatmeals. Apparently this has not increased the *completeness* of the digestion of these foods, although it may have rendered them more easily acted upon by the digestive juices.

It is true that the percentage increase in the digestibility of the foods when cooked for the longer period is not very large, and possibly the additional amount of nutrients represented would not be sufficient to warrant the longer cooking; but it must be remembered that the amount of energy required to digest the food will probably be lessened, and the palatability of the food will be improved. In general, it may be argued from the results presented that the longer cooking slightly improved the completeness of digestion, and probably ease of digestion and palatability, making them good nutritious foods, even for those with weak digestion powers. This is especially true of the oatmeals.

PALATABILITY.

Thorough relish for food is without doubt a factor which must be taken into consideration when we come to deal with digestibility. The secretion of the digestive juices which attack the ingested materials is largely under the control of the nervous system, and, therefore, it is reasonable to believe that the enjoyment of eating stimulates the secretory power of the glands which furnish them. No energy or nutritive value is added to a food by reason of its agreeable flavor or tasty appearance, but the amount of it which is finally appropriated by the body for the purpose of nourishment may be greatly increased thereby. It is held by some persons that dyspepsia is often contracted by reason of partaking of food which is not wholly relished, even though it is highly nutritious and well cooked. Palatableness of a food, therefore, determines to a great degree the amount of nutrients which will be extracted from it by the digestive organs. When anticipation alone sometimes "makes the mouth water," the potency of this factor is clearly and practically demonstrated.

These foods are rendered palatable by processes of parching, boiling, malting, and, in some cases, by the addition of other materials. That