another more in harmony with the modern teachings of physiological chemistry, and we divide the primordial elements of food in two great classes, namely, the organic and inorganic principles. In the latter class enter the salts and water, and the organic compounds are considered under two divisions: nitrogenous and non-nitrogenous.

It is to the groups of organic substances that belong the albuminoids, the chief flesh formers of our body. Still, in spite of their great nutritive value, these albuminoids, taken separately cannot alone sustain animal life and in order that they should acquire a real nutritive value, it is necessary that they must be associated, not only to the other substances of other classes of food, but even to the different kinds of albuminoids themselves. For instance, an animal fed on albumen or on gelatine alone, would very soon succumb, as it has been demonstrated by Papin, Magendie and Hammond's experiments.

Now, gentlemen, the food which contains the greatest quantity of nutritious substances is not always the one that is digested the most easily; on the contrary, we shall see that certain very nutritious aliments are of a slow and painful digestion. We must acknowledge, besides that several causes bring modification to the precise rules that we might establish with regard to the digestibility of food; it would be difficult nowadays to classify alimentary substances into light and heavy aliments. One of the chief objections to this classification would be individual predisposition. In fact many would easily digest foods which would infallibly produce indigestion in others.

We must add to this: Habit, which permits the digestive tube to get accustomed to such and such aliment.

But there is a point upon which physicians and physiologists agree; it is the importance of the state of cohesion, and the looser is that cohesion the easier is the digestion. There exists, in the same substance, very wide differences, according to the different states in which that substance is presented, and nothing is more interesting than the results given by Schiff upon the digestibility of a given quantity of albumen taken in solid and compact mass or else administered finely divided.

Digestive value and nutritive value of food, are therefore two different things and we could say with Trousseau: "That the most