

should be proportionate to the degree of cold which obtains. The natural temperature of the body being about 37° centigrade, it follows that as we advance northwards, the body should be kept in warmth by increasing the quantity of combustible aliments ; while, on the other hand, this quantity should be diminished as we advance in a southward direction.

Q. What happens when the nourishment given a person is too poor, or too slightly recuperative ?

A. An ill-nourished person becomes emaciated ; the body wastes away and is not restored ; weakness ensues, and the internal combustion, whence strength was derived, no longer acting sufficiently, health declines, and premature death is the consequence.

Q. And if the nourishment is too rich, too abundant, what follows ?

A. The result is as baleful as the preceding case ; because the carbon absorbed in too great quantities, not being consumed, is transformed into fat which presses against and stifles the organs, paralyses action, and predisposes to a host of diseases. Moreover excess of azote produces an abundance of blood and humors which generate painful maladies, such as gout, inflammations, calculus, and others called diseases of rich persons.