"The fat of the body is contained in cells which are composed of protoplasm and possess nuclei. These cells abound in the interstices of loose connective tissue, and are found under the skin, especially in the soles of the feet, the palms of the hands, buttocks, female mammary gland, around the synovial capsules of the joints, in the orbits, in the medullary canals of bones, in the surroundings of the kidneys and the omentum, and on the surface of the heart.

"When an animal fattens it appears that oil globules are formed within the fat cells. These globules increase in number, while the protopiasm of the cell diminishes These globules are not deposited in the cells in a mere mechanical manner, but they are formed by the cell itself, and at the expense of its own protoplasm, which becomes very much attenuated. It seems, therefore, that the fat of the body is as much a secretion of the fat cells as pepsin is a secretion of the peptic glands, or as the oily matter of the skin is the secretion of the sebaceous glands, or as the fat of milk is the product of the cells of the mammary gland."

That proteids form an important source of fat in the body is evidenced by the following facts: Microscopic observation shows that the fat of milk is formed by the epithelial cells of the mammary gland through the probable metabolism of protoplasm. Fat in milk is largely increased by albuminous, and diminished by fatty foods. When cheese "ripens," its proteids are converted into fat. Milk sugar is maintained in abundance in the milk of carnivora, even when fed on an exclusive meat diet. Fatty degeneration, as is often witnessed in the heart and in other important organs, is further evidence that proteid substances are converted into fat.

By this I do not wish to convey the idea that albuminous foods supply the greatest part of the fat to the body; we know that this is done by the carbo-hydrates; but I desire to lay special emphasis on the fact that fats and oils do not play the important part as foods which they are properly supposed to do in the nutrition of the animal body, and on the further facts that proteids are of greater value as fat producers in pulmonary consumption than they are generally believed to be. In fact, evidence is not wanting to show, as has already been hinted at, that both fats and carbo-hydrates diminish the metabolism of the body, while a meat diet enhances the same, increases the oxydizing activity of the body, multiplies the number of red blood corpuscles, and leads to a rapid consumption of fatty and carbo-hydrate food. A great deal of harm has followed the doctrine that the fat of the body only comes from the fat of the food, and therefore the only way to fatten a consumptive is to ply him with fats and oils of