

has a more considerable nutritive value than the pith, as you may judge by the following table :

Water.....	Crust	-	17.15	pith	-	44.45
Insoluble nitrogenous subst	"	-	7.30	"	-	0.92
Soluble " "	"	-	5.70	"	-	0.75
Soluble non-nitrogenous "	"	-	3.88	"	-	3.79
Starch	"	-	62.58	"	-	43.55
Fatty substances	"	-	1.18	"	-	0.70
Salts	"	-	1.21	"	-	0.84

Potatoes for 100 parts contain 2 parts of nitrogenous substances and 21 of carbo-hydrates. Rice has 5 parts of albuminoids and 83 carbo-hydrates.

Among the fats I shall mention butter, which contains 91 per cent. of fatty substances ; cheese, which contains 24 per cent. of fat, besides 33 per cent of nitrogenous substances.

My intention is not to dwell at any length on fruits, wishing only to remind you that they introduce into our economy salts of sodium and potassium, useful to nutrition, and since I am speaking of salts, I wish to point out the importance of common salt, and of all mineral matters in alimentation. These substances are just as necessary as the reparative and respiratory aliments. Forster has given pigeons, mice and dogs a food very poor in mineral matters, and he has observed that mice lived 21 to 30 days only, pigeons 13 to 29 days, and dogs 26 to 36 days.

According to Barbier, man must take daily within 24 hours, 12 to 20 grammes of salts, either pure or mingled with food. When for one reason or another man cannot take the necessary quantity of salts, the same accident happens as with other animals, he falls into a state of weakness and languor, offering, after a while, all the symptoms of anemia, owing to the diminution of albumen and blood corpuscles.

With regard to the importance of salts in alimentation, I cannot resist the desire of saying a few words about "scurvy," a disease I particularly studied within the last few years. This disease, which formerly was the terror of navigators, exists nowhere, so to speak, except in Canada, where it pretty severely treats, almost every year, the raftsmen who spend the winter in the midst of our ice. You have all heard of that disease called "blackleg" by our "voyageurs," which 20