

may be measured in terms of potential energy and the unit which is commonly used is the calorie. This is comparatively a new term and one which I believe, we must come to be more and more familiar with. Since one of the important uses of food is to furnish food for the body, it is important that we become familiar with the fuel value of foods, and with the calorie. The calorie is the amount of heat required to raise the temperature of a kilogramme of water (2.2

...the opportunity of avoiding lo