

quantity of organic matter, hardly 16 p. 1000, and an enormous proportion of water, 985 p. 1000, broth helps the digestion of food in rapidly penetrating into the circulation and bringing back the materials necessary to the secretion of gastric juice.

Therefore, if I am allowed to offer you here a practical advice as a conclusion of what I have just said, I will give you the following : If ever it is your misfortune to suffer some day from bad digestion, before exposing yourselves to be stuffed up by all the drugs invented of late to cure dyspepsia, try a cup of good broth before or after meals ; others have often derived much benefit from this practice and the experiment is inoffensive and certainly worth trying.

In spite of the nutritive value of the aliments we have just examined, they cannot exclusively compose the food destined to repair the waste of the organism. If meats possess the advantage of containing a large proportion of nitrogen (albuminoids) on the other hand, they are deprived of starch and carbohydrates which we are compelled to ask of the vegetable foods, characterized by low albuminoids and high carbo-hydrates. The vegetable kingdom will supply us with flour, bread, vegetables and fruits, and if you want to form an idea of the nutritive value of these nutrients, allow me to place before you the composition of some of them. For example, wheat flour contains :

Water.....	14.0 per cent.
Fatty Matters.....	1.2 "
Nitrogenous substance insoluble in water (gluten)	12.8 "
" soluble in water (albumen)	1.8 "
Non-Nitrogenous substances (dextrin)	7.2 "
Starch.....	59.7 "
Cellulose.....	1.7 "
Salts	1.6 "

Oatmeal, out of which porridge is made, contains 63 parts of starch, and 12 per cent. of nitrogenous substance, that is, almost as much as muscular flesh of animals. Peas contain 22 per cent. of proteic compounds, and 53 per cent. of starch.

Among usual alimentary compounds, the most important is without doubt bread. The whitest is the most nutritious, and the crust