

A. They are called azotic or reparatory aliments. Those which better effect this reparation are meats, especially those derived from full-grown animals, as oxen, sheep, &c. ; then fish, white of eggs, cheese, certain vegetables, as beans, turnips, cabbage, carrots, &c. All these aliments calculated to renovate the tissues worn by the action of every day life.

Q. How do we know the respective properties of those aliments ?

A. Through the labors of learned men given to the study of chemistry, we know very well, to-day, what are the properties of the different substances which man needs for his nourishment.

Q. Are there not aliments which are called complete ?

A. The best known are *milk* and *eggs*, which contain carbon and azote in such proportions as to be sufficient of themselves for complete nourishment. The yelk of eggs wholly contains carbon, while the white thereof is pure azote. Milk contains sugar and butter, that is to say, carbon ; it also contains azote in such of its parts as make cheese.

Q. What quantity of nourishment should be taken daily ?

A. It varies according to differences of age, occupation, season and climate. A child should