

his bread and cheese (carbohydrates, fat and albuminoids), and many others, exemplify this inference.

2. Starch, sugar and fats are essentially heat and energy producers. As heat producers fats are about  $2\frac{1}{2}$  times more valuable than carbohydrates. In cold climates we find the inhabitants existing largely on fatty foods. Esquimaux and lumbermen are notable examples.

The albuminoids are the most costly of all the nutrients. While performing to some extent the functions just mentioned, they have for their chief office that of building up the tissues of the body and repairing the waste continually going on. The albuminoids cannot be replaced in the diet by any other material.

3. Fruits and many vegetables while not rich in nutritive material should form a large part of the diet, as they assist in digestion and, acting medicinally, give a healthy tone to the system. Salads of lettuce, celery and beets, if not too rich, have a cooling and refreshing effect.

4. Condiments and stimulants are often desirable as appetisers and in moderate amounts excite the flow of the digestive fluids, and thus aid digestion. Excess of alcohol, tea and certain other articles of this class is well known to have injurious physiological action.

5. Cooking, while, as a rule, rendering the animal foods rather less digestible, makes vegetable foods more fit for consumption.

6. Mastication should be thorough in order that the food may be well mixed with saliva, and for this purpose slow eating is to be recommended.

7. The process of digestion is a continuous one. Active work retards somewhat the digestion of a heavy meal, and such should, therefore, be taken rather after the work of the day than during it. The times of meals must largely be regulated by the amount and kind of work. It is better to eat a little and often than to overload the digestive apparatus at any one meal. Though the digestive process is not so vigorous during sleep as in the day time, light refreshment is to be recommended before retiring—the stomach thereby is kept from being totally void of food in the morning. To those who are not robust eaters this advice is more particularly given.

8. The blood which conveys the digested food to every part of the body is largely water. On this account and because all the tissues contain