

composition of the tissues of human organism, endeavoring, in short, to create an imperishable monument worthy of being preserved in your archives, for the greatest glory of its author and the amazement of posterity. But - - - I changed my mind; the scientist yielded to the hygienist's more practical obligations. I generously sacrifice, therefore, my ambitious and legitimate aspirations to simply try to be useful. I merely want to speak of alimentation, explaining, by the way, the phenomena of digestion and the rules which must preside to its normal working.

At first, gentleman, "*noblesse oblige*." You have done me the honour of inviting me to lecture before you, I do not wish to remain in debt of courtesey: I invite you to dinner, here and now—But I must tell you that it is going to be a mere intellectual banquet, excellent means of avoiding indigestion and cramps in the stomach, you must confess.

Therefore, let us sit down to table; here is the bill of fare, the simple lecture of which will make your teeth water:

Bill of Fare.

Oysters in shell. Sauterne. Chablis.

SOUP:

Pea with crumbs. Sherry, Madeira.

FISH:

Fried Haddock. Fresh boiled Salmon.

ENTRÉES:

Chicken with truffles. Omelette with ham. Veal chops, tomato sauce.
Chateau Lafitte.

ROAST:

Tenderloin steak. Roast beef. Mutton chops. Pork chops. Apple
sauce. Ve. Clicquot.

RELEVÉS.

Black Duck. Patridge on toast. Chambertin.

VEGETABLES:

Potatoes a la Lyonnaise. Sweet corn.

FRUIT:

Pears, apples, oranges, grapes. Cheese, milk, porridge. Bread, butter
coffee. Chartreuse.