

Water	69.89	Fatty substances.....	5.19
Albuminates	22.93	Mineral matters.....	1.05

Muscular flesh contains, besides free lactic acid and sulphur united to the nitrogenous organic compounds, mineral matters constituted by salts formed out of the bases, potash, soda, lime and magnesia united to the phosphoric, lactic and muriatic acids.

Roast meat is far preferable to boiled, not only on account of the preservation of the nutritive qualities of the meat, but also, owing to the development during cooking of certain odoriferous nitrogenous principles such as osmazone, which render these meats palatable.

Since I mentioned boiled meat, it is impossible not to say something of broth, a preparation which has given rise to rather interesting discussions; certain physicians praising, others denying its nutritive properties. Schiff's experiments, however, permit our deciding this question. This physiologist has demonstrated that the secretion of gastric juice is not indefinite and that it suffices to give a dog, with an empty stomach, a considerable quantity of meat to see, under the influence of this exaggerated alimentary mass, the secretion of gastric juice dry up. Food, then, acts as a real foreign body and is consequently thrown up. This state is known under the name of indigestion *a crapulâ*. But, and here is a very interesting remark of Schiff, it suffices to introduce into the circulation certain substances to immediately cause the gastric juice to be secreted anew, at the surface of the gastric mucous membrane. Among these substances, dextrin appears to possess this property to the utmost, and on animals thus crammed with food and in whose stomach gastric juice is no more secreted, it suffices to introduce a dextrin solution, either in a vein or in the rectum, to promote the immediate digestion of that excess of alimentation. To those peculiar substances, Schiff has given the name of "peptogenes," that is, substances promoting the secretion of gastric juice and therefore the conversion of albuminoids into peptones. Well, gentlemen, broth precisely contains almost exclusively these peptogenous compounds, and the secular tradition of eating soup before meals, receives in the discoveries of modern physiology a resplendent confirmation. Not very nutritious by itself, since it contains a very feeble