

"In the discussion of the results and the interpretation of the digestion coefficients it is believed that the calories should be taken as the indirect index of digestibility of the fats rather than the fat determinations.

"In the calculations of the results it was assumed that the bread and oranges had the following digestibility: Protein, 93 per cent.; carbohydrates, 98 per cent.; calories, 98 per cent.

"As so little fat was contributed by the bread and oranges, it was deemed best by Prof. Snyder, under whose direction the tables of results were prepared, not to make any special calculations for the digestibility of the fat of the cheese alone.

"The factor for the digestibility of the protein of the bread and oranges is higher than was found in the numerous experiments for bread alone, but it was assumed because it appeared from the first series of results that cheese in the ration increased the digestibility of the protein of the other foods. This assumption appeared to be verified by the later tests which had for their special object the influence of the cheese upon the digestibility of the basal ration.

"The work both at Middletown and in Minnesota, while demonstrating the same general fact of the high food value, actual and comparative, of cheese in all stages of ripening, does not give identical figures for the digestibility of protein in the total diet or in the cheese. A different basal ration was used in the Minnesota experiment from that used at Middletown. White bread was used in Minnesota, while whole-wheat bread, which has a decidedly lower digestibility, was used in the experiments at Middletown.

"Nothing unusual was noted in the health of the subjects used in the experiments at the Minnesota Experiment Station. One of the subjects believed before beginning the experiments that a cheese diet did not agree with him, but found that it had no ill effects.

"In considering the results shown in the table, it is apparent that all the kinds of cheese used in the experiments are very digestible. In comparing the old cheese with the green cheese the latter was evidently the more digestible, which was not the case in the Middletown experiments, where the slight difference was in favor of the well-cured cheese. However, the difference between the digestibility of green and cured cheese in either series of experiments is well within the limits of variation ascribable to personal peculiarity of the subjects and were to be expected in this kind of work.

"Particular interest attaches to the evident digestibility and food value of skim-milk cheese. This is a product which has not been viewed with very great favor by the public in general. The physical properties of cheese made from skim-milk have been such as to give consumers the impression that it was indigestible and, on the whole, of questionable value as food. The establishing of the actual food value of this comparatively cheap product will at some future time doubtless be of great economical importance. Skim-milk cheese made up in a way to be agreeable to the taste could be sold at a price that would attract the attention of the laboring classes. Cheese made from skim-milk and sold for whole-milk cheese is a fraud that is a positive injury to the dairy business; but cheese made from skim-milk and sold for what it is is worthy of serious consideration on the part of both producer and consumer. It is very likely that the time is not many years distant when a comparatively large quantity of cheese from skim-milk will be made with profit to the dairy industry and will be consumed at a pronounced saving by the laboring class in general.

"In the same connection attention is called to the food value of cottage cheese established by this work. This is another cheap and to many a very palatable product that could be introduced to a much greater extent in the dietary at a great saving in the total cost of food.

"In general, the table shows that all kinds of cheese, even the very high-flavored and so-called condimental cheeses, have a high food value. But the so-called condimental value of cheese when eaten in small quantities as a stimulus to the digestion of other foods was not demonstrated. Where the cheese was eaten in small quantities the digestibility of the basal ration fell below the assumed digestion coefficient. The fact