

derived from the monatomic alcohols by oxidation. Thus common acetic acid which is derived from ordinary ethyl alcohol by oxidation is a fatty acid.

Every one here present knows what glycerine is. Many times has it been applied to delicate hands and to charming lips to repair injuries caused by cruel cold winds. When applied to the lips that inodorous, colourless, viscid liquid is found to possess somewhat of an agreeable sweet taste. Several no doubt would have hastily thrust it away from them had they known that sweet, inoffensive looking substance to be an alcohol. True, however, it is that it is just as much an alcohol as the accursed beverage which brings unhappiness to so many homes. It is an alcohol, but of somewhat different constitutional composition, for it is what chemists call a triatomic alcohol. Each person carries stored up in his body a rather considerable quantity of that special alcohol. Let our prohibitionists be not alarmed, for this alcohol produces none of the nefarious effects of the so-called fire-water. Its action is only beneficent, for it combines with the fatty acids to form that very necessary substance : fat.

Fat is found widely disseminated in nature. Plants contain a certain amount in the form of oil. It is found in most of the animal tissues. The following table from Gorup-Besanez gives the percentage in the organs and fluids of the body :—

Sweat .....	0.001	Cartilage .....	1.3
Vitreous humour.....	0.002	Bone .....	1.4
Saliva .....	0.02	Crystalline lens.....	2.0
Lymph .....	0.05	Liver .....	2.4
Synovia.....	0.06	Muscles .....	3.3
Liquor amnii..	0.06	Hair .....	4.2
Chyle .....	0.2	Brain.....	8.0
Mucus .....	0.3	Egg .....	11.6
Blood .....	0.4	Nerves .....	22.1
Bile .....	1.4	Adipose tissue.....	82.7
Milk .....	4.3	Marrow .....	96.0

Fat being found in the body must necessarily be derived from the food which is absorbed. All foods whether animal or vegetable contain three distinct classes of compounds which deserve special notice, namely : protein, carbohydrates and fats.