

the intestines. Thus the intestines are given more than their share in the digestion of the starches, and much is left unabsorbed. For this reason pastry and food that has soaked up fat in frying are very indigestible, and should be avoided.

Mineral matter exists in all tissues of the body. They serve various functions ; to help in the formation of bone, muscle, etc., and to preserve the alkalinites of the blood. Vegetable foods and common salt supply most of the mineral matter for the body. Fruit is eaten not so much for any nourishment it contains, as for its water and salts. Water occurs in all tissues, constituting two-thirds of the body. It also occurs in all foods to the extent of one-half or more.

Water of itself does not nourish the body, that is, it neither builds tissue nor supplies energy, but since the body is about 75 per cent. water, and this amount is to be maintained in spite of evaporation and excretion, if the normal processes are to go on smoothly, it is evident that water, and plenty of it, is necessary for life.

As to the proper proportions in which food should be taken, no rule can be given. Age, climate, sex and occupation must determine the diet of a healthy person.

A healthy diet (1) must include both nitrogenous and non-nitrogenous foods ; (2) the foodstuffs must be supplied in the proper proportions ; (3) the food must be well cooked and digestible ; (4) it must be palatable ; (5) and there must be a certain amount of variety. If the composition of common foods is understood, suitable combinations can be readily thought out, so that each day's food includes all classes of foodstuffs, and there is enough variety to tempt the appetite.