

cles of food. Most sicknesses come from the stomach, and are due to ill-feeding.

Q. What are called aliments ?

A. Everything which serves to maintain the life of the body, and which can be assimilated to the organs. An apple is an aliment, paper is not.

Q. Why do we eat ?

A. We eat: 1° To put into our bodies substances which preserve animal heat ; a warm body is a living one ; a cold one is dead : 2° To give them others which restore the organs, as they wear away, for everything possessing motion is subject to wear out.

Q. How are designated those substances which preserve the heat of the body ?

A. They are called combustible or respiratory aliments ; such are dripping, oil, butter, pork, sugar, honey, yelk of eggs, farinaceous and feculent substances, alcohol, and all liquids containing it, such as wine, brandy, strong liquors, &c. These substances unite with the oxygen which comes from the lungs, undergo combustion, and produce the heat necessary to life, as well as the strength necessary for action.

Q. How are designated those substances which serve to repair our organs ?