words, in converting food stuffs of any kind into protoplasm, the summit of the double stair of life, and its potential energy is the transformed or stored energy of the above mentioned constructive process.

Man. like all animals, is born of an egg, or ovum, which was the first germ of our existence, and is a small cell about one-hundredth of an inch in diameter, consisting of a mass of semi-fluid protoplasm enclosed in a membrane, and containing a small speck or nucleus of more condensed protoplasm. This nucleated cell is itself the first form into which a mass of simple jelly-like protoplasm is differentiated in the course of its evolution from its original uniform composition. This nucleated cell is the starting point of all higher life, and by splitting up and multiplying repetitions of itself in geometrical progression, provides the cell material out of which all the more complicated structures of living things are built up. At first the egg behaves exactly as any other single-celled organism, as, for instance, that of the ameba, which is considered the simplest form of all organized life. One of the simplest forms of this is nothing but a naked little lump of cellmatter, or plasma, containing a nucleus; and yet this little speck of jelly moves freely. It shoots out tongues or processes and gradually draws itself up with a sort of wave-like motion ; it eats and grows, and in growing reproduces itself by contracting in the middle and splitting up into independent ameba.

Even if a drop of blood is drawn by pricking one's finger, and carefully viewed with proper precautions and under a sufficiently high microscopic power, there will be seen among the innumerable multitude of little circular discoidal bodies or corpuscles which float in it and give it its color, a comparatively small number of colorless corpuscles, of somewhat larger size and somewhat irregu-. lar shape. If this drop of blood be kept at the temperature of the body, they will be seen to exhibit a marvellous activity, changing their forms with the greatest rapidity, drawing in and thrusting out prolongations of their substance, and creeping about as if they were independent organisms. This substance which is so active is simply a mass of protoplasm, and its activity differs in detail, rather than in principle, from that of protoplasm of plant life. The simplest form of life, as it emerges from the inorganic to the organic world, consists of protoplasm. In the earliest state of the human organism, in that in which it has just become distinguishable from the egg in which it arises, it is nothing but an aggregation of corpuscles or cells, and every organ of the body was once no more than such an aggrega-Thus a nucleated mass of protoplasm turns out to be what tion. may be termed the structural unit of the human body, and in its most perfect state it is a multiple of such units variously modified and differentiated. Let us look at this little cell, nestled in a con-