

in a splint. Besides, the suppression of albuminoid food will prevent the development of further fermentation and allow the digestive functions to be restored to their normal state. This is what we are doing every day, and we may say that we possess in a milky diet the most powerful and efficacious means of treating and curing that so common disease called dyspepsia.

As far as wines are concerned, you may see that I have given them a large share in the drawing up of my bill of fare. And I believe that I showed proof of extensive artistic knowledge about the choice and distribution of their different kinds. White wines strike up the march and sprinkle the soup and fish ; Bordeaux wines accompany the solid joints ; Burgundy wines are associated with game, and Champagne with the dessert. All these wines are endowed with particular *bouquets* according to their variety, but the principle base of every one is alcohol, which enters into their composition in the proportion of 7 to 15 per cent. They contain also tannic acid and salts of potash, etc. Absorbed in small quantities during meals, it is a known fact that they possess a salutary action in assisting the secretion of gastric and pancreatic juices. And they contribute to cheerfulness of mind and consequently place the guests in excellent moral disposition, banishing from their brain all cares and preoccupation, which, you will confess, is worth consideration.

We know now, all the ingredients composing our alimentation. Here they are briefly enumerated :—

1.—Albuminoids, especially derived from the animal kingdom and the principal element of which is nitrogen united to carbon, hydrogen and oxygen.

2.—Ternary substances containing only carbon, oxygen and hydrogen without azote, they are represented by sugars and feculents.

3.—Fats deprived of oxygen, being consequently composed of carbon alone and hydrogen.

4.—Salts, which we meet in food supplied by both the animal and vegetable kingdoms. These are the materials destined to the nutrition of the body.

Now, what is the want of the organism ? The human body is a living machine having two different kinds of functions *viz.* the *functions*