

showed by Dr. Beaumont, whereas a hard egg has hardly undergone this process at the end of three hours and a half. Must I add that it is of the greatest importance that eggs should be perfectly fresh? For choice, look through the egg, fresh eggs are more transparent in the centre, old ones at the top. Dissolve one ounce of salt in ten of water, good eggs sink, indifferent swim, bad eggs will float even in pure water.

Amongst the preparations having eggs for base I want to particularly point out what is called "American Cream." It consists in beating two yolks together, in adding some powdered sugar and then flavouring with rum or sherry. This mixture is very easily digested and exceedingly nutritious. You may conceive how precious it is for sick persons as well as for weak stomachs which require a strengthening food under a small volume. This mixture constitutes also the first meal recommended by Coats in training pugilists. I regret, gentlemen, that time and the limits of this paper do not permit my saying a few words upon this marvellous method employed by sportsmen in their training for competitions.

I heard, in Paris, Professor Bouchardat speak most emphatically of the excellence of alimentary diet, united to exercise, used by these athletes to obtain that perfect ponderation of muscular powers which permit their going everywhere and disputing prizes in races, on foot or horseback, rowing, fencing and boxing. He contended that these trainers knew and applied better than anybody the laws of hygiene the observance of which is the *sine quâ non* condition of perfect health.

Here we are now, gentlemen, at the solid joints of our bill of fare, that is the meats of mammifers, such as beef, mutton, pork and veal. Those are the aliments to which is entrusted the repairing of our tissues, owing to the large proportion of azote they contain. According to Beaumont, the most digestible meat is that of mutton, then beef and lastly pork. But the age of the animal bears a considerable influence upon digestibility: for example veal is more digestible than beef, lamb more than mutton. I mean, of course, the digestibility and not the nutritive value of these nutrients, or else the order would have to be changed. In fact adult animals are those that give the most nutritious meats. According to Payen, the composition of roast beef cut up in slices three centimeters thick, is as following: