

neglected, because it is usually to be had in abundance; the supply of ash is almost neglected, because our ordinary food contains sufficient, and it is only in rare cases that special attention need to be devoted to that point. The non-nitrogenous substances, too, are not taken into consideration, except fats and carbo-hydrates, because they occur in too small quantities in our food, and also the other nitrogenous substances, except albumen, as, *e.g.*, gluten, they usually form but a small fraction of our food. We confine ourselves, therefore, to the question how much albumen, fat, and carbo-hydrates are required for each case.

Dietary for a Workman.—If we ascertain the quantity of albumen, fat, and carbo-hydrates which a workman requires for his daily maintenance, we will have a sort of standard for the average man, from which variations can easily be made.

The healthy workman examined by Von Pettenkofer and Voit used up daily—

					During Rest.	During Work.
Albumen	137	137
Fat	72	173
Carbo-hydrates	352	352
Carbon	283	356

Dr. J. Forster found in the food consumed the following quantities of the alimentary principles:—

				Albumen.	Fat.	Carbohydrate.
Workman	133	65	422
Workman	131	68	494
Young Doctor	127	89	362
Young Doctor	134	102	292

As a mean from a large number of observations, Voit adopts 118 grammes of albumen and 328 of carbon as requisite for a workman, therefore, as 118 grammes of albumen contain 63 of carbon, 265 grains of carbon are still required to be supplied in fat or carbo-hydrates. If this quantity of carbon were to be given exclusively in carbo-hydrates, it would be necessary to take 597 grammes of starch, of fat, on the other hand, 346. As the question is not exclusively as to the quantity of carbon, these figures are not precisely accurate. But it is evident that the addition of fat or starch alone to albumen would be irrational, because, as already mentioned, only very few could recoil the requisite quantity of either substance.

Over 500 grammes of starch should not be eaten by a workman, as a large quantity is with difficulty utilised by the in-