

a fatty matter (butter), and a saccharine substance (sugar of milk).

Chemistry reveals the remarkable fact, that the composition of casein or the cheesy portion of milk, is identical with that of the fibrin and albumen of the blood. Under this aspect, therefore, milk is very nutritious.

The sugar and butter which exist in milk, have no analogy with flesh; according to analysis, they are composed of carbon and the elements of water. When, therefore, we partake of milk, we obtain in one and the same substance all the elements which are necessary for the growth and nutrition of the body, and such is the case in infant life. Since, however, both carbon and hydrogen, in very large proportion, enter into the composition of milk, it is advisable, whenever there is a manifest tendency to corpulence, that the use of it as an article of diet should be avoided. Infants are usually fat, owing to the elements of adipose matter forming so large a proportion of their food, whether that consist of milk alone, or in combination with starchy or farinaceous and saccharine substances.