berries, should be taken in summer; bread and butter and the grains containing quite as much carbon as the system requires; hence nature craves berries and fruits in summer, and turns away from fat meats and oily dishes.

Names.	Carbon.	Nitrogen.
Gum Arabic	36	0 14
Sugar	42	— —
Starch	37	— —
Arrowroot	36	— —
S. almond oil	77	0 29
Olive oil	77	0 35
Lard oil	80	— —
Suet	79	— —
Butter	65	— —
Wheat	39	2 00
Rye	38	1 00
Oats	40	2 00
Rye Bread	31	— —
Pease, dry	36	39 00
Pease, green	42	4 00
Beans	88	38 00
Lentils	37	38 00
Potatoes	11	0 36
Cabbage	—	0 36
Turnips	3	0 12
Turnips, dried	43	2 00
Artichokes	9	0 03
Blood	10	0 03
Milk	10	0 03
Lean Meat	13	15 00
Mixed	22	18 00
Soup	75	0 75
Apricots		0 17
Peaches	—	0 93
Cherries	—	0 57
Gooseberries	1	— —
Apples	45	— —
Beef, roast	53	15 00
Veal, roast	52	14 00
Venison	53	15 00

Table VI.—MILK.

Perfect food is prepared for the young of animals and man; hence in milk and the egg are found all the elements necessary for growth and support. In ten pounds of milk there are of—

Water	$8\frac{5}{10}$ pounds.
Caseine or cheese	$\frac{5}{10}$ pound.
Sugar	$\frac{4}{10}$ pound.
Butter	$\frac{3}{10}$ pound.
Lime, etc.	$\frac{3}{10}$ pound.