

WEIGHTS OF CHEMICAL ELEMENTS IN THE BODY OF  
A MAN WEIGHING 148 LBS.

Oxygen .....	92.4	pounds
Carbon .....	31.3	"
Hydrogen .....	14.6	"
Nitrogen .....	4.6	"
Calcium .....	2.8	"
Phosphorus .....	1.4	"
Potassium .....	.34	"
Sulphur .....	.24	"
Chlorine .....	.12	"
Sodium .....	.12	"
Magnesium .....	.04	"
Iron .....	.02	"
Fluorine .....	.02	"
Total .....	148.00	"

COMPOUNDS IN THE BODY OF A MAN WEIGHING  
148 POUNDS.

Water .....	90.0	pounds
Protein (Albuminoids) .....	26.6	"
Fats .....	23.0	"
Carbo-hydrates (starch, sugar) .....	.1	"
Mineral matters (inorganic) .....	8.3	"
Total .....	148.0	"

THE NUTRIENTS OF FOOD.

Having learnt somewhat of the compounds of the body and that the latter is built up by the functions of the organs of the body from the digested food, we may go on to consider the composition of foods, vegetable and animal. In view of what has already been said we shall not be surprised to hear that the edible and nutritive portions consist, in varying proportions, of those ingredients or compounds already considered, viz: Albuminoids, Carbo-hydrates, Fats and Mineral matters