

digest. It has been contended that exclusive fish alimentation might have some inconvenience, namely that of producing cutaneous diseases—do not believe it; still it is absolutely necessary that fish should be eaten perfectly fresh. Of all animals fish is the one which most quickly putrefies. Twenty-four hours after death, there takes place in their tissues a development of enormous quantities of toxic substances the adsorption of which may give rise to the most serious disorder in the digestive tube.

I have very little to say concerning fowl and game. Game, however, offers special conditions to which Gubler has called our attention. You are aware that some kinds of game are very often brought on the table in a state of incipient decomposition. This condition is a sort of fermentation which has a certain analogy with the fermentation that takes place in the stomach, and owing to this fact, according to Gubler, assists the work of digestion. But that putrefication must not be too far advanced or else it will introduce in the system toxic alkaloids, as will fish, and these cadaveric substances may then cause fatal results. Bronardel, for instance, has cited cases of people dying after having eaten tainted game pie. At any rate, as far as I am concerned, I vote for fresh things—and the duck as well as the partridge that I ordered on our bill of fare are of an irreproachable freshness. Taste them without fear and sprinkled with a glass of good Chambertin I promise you ineffable pleasure. For it is with game that Burgundy wine must be drunk.

With regard to fowl, let us speak of eggs, that precious and complete food above all others. I say complete food, that is containing associated all the substances necessary to the nutrition of our tissues. Eggs contain nitrogenous compounds, such as albumen (vitelline); fatty substances (margarine, oleine) and salts. Should we compare the quantity of nitrogen, carbon, fat and water contained in eggs and milk, we shall find that an egg weighing for instance 50 grammes is equivalent to 100 grammes of cow's milk.

Eggs are generally very well borne by the stomach, they are easily digested. But we must remark the considerable influence of cooking upon this kind of food. A fresh egg, boiled only a few minutes is rapidly peptonized, being completely digested within $1\frac{1}{2}$ or 2 hours, as