

## CHAPTER SIXTH.

### NUTRITION.

200. THE second class of the functions of animals are those which relate to the maintenance of life and the perpetuation of the species ; the functions of *vegetative life*, (59.)

201. The increase of the volume of the body must require additional materials. There is also an incessant waste of particles which, having become unfit for further use, are carried out of the system. Every contraction of a muscle expands the energy of some particles, whose place must be supplied. These supplies are derived from every natural source, the animal, vegetable, and even the mineral kingdoms ; and are received under every variety of solid, liquid, and gaseous form. Thus, there is a perpetual interchange of substance between the animal body and the world around. The conversion of these supplies into a suitable material, its distribution to all parts, and the appropriation of it to the growth and sustenance of the body, is called NUTRITION in the widest sense of that term.

202. In early life, during the period of growth, the amount of substances appropriated is greater than that which is lost. At a later period, when growth is completed, an equilibrium between the matters received and those rejected is established. At a still later period, the equilibrium is again disturbed, more is rejected than is retained, decrepitude begins, and at last the organism becomes exhausted, the functions cease, and *death* ensues.

203. The solids and fluids taken into the body as food are